



Alzheimer's Association Presentations

Please join this limited seven part series to learn about Alzheimer's disease and other dementias presented by the Alzheimer's Association. This series is brought to you through a partnership with Fairfax County Neighborhood and Community Services, ServiceSource and The Alzheimer's Association.

Surviving and Thriving During the Holidays

The holidays are often filled with opportunities for togetherness, sharing, laughter, and memories. But they can also bring stress, disappointment, and sadness. A person living with dementia may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed maintaining traditions while providing care and this year presents even more challenges due to social distancing and the risk of serious illness due to COVID-19. Join us for an online discussion about tips on how to survive the holidays. In addition to examining caregiver burnout, this program will identify ways to create a safe environment for loved ones during the holidays. For the safety of our participants and the community, this program will be held on Zoom.

WHEN: Tuesday, November 24th 10:30 - 11:30 a.m.

LOCATION: Virtual Center for Active Adults - ZOOM platform

Meeting Direct Link: <http://bit.ly/VCAAalz>

Meeting ID: 975 3663 5240

Meeting Passcode: 0920

Dial in by phone: 301-715-8592



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