

MEMORY KEEPERS

A Caregivers' Support Group



Join us for our **Caregivers' Support Group** for individuals caring for a loved one dealing with **Dementia or Alzheimer's Disease**. Our Support Group is the 1st Wednesday of each month (except January) from 6pm to 7pm in our Chapel.

You may join at any time. Light refreshments and beverages will be provided. Please call **513.409.0900** for more information or to reserve your spot.



UPCOMING DATES & TOPICS

JANUARY 8

Varietas & Memory Care Overview

FEBRUARY 5

What is Person-Centered Care?

MARCH 5

Stress Management

APRIL 2

Family Dynamics

MAY 7

Managing Sundowners

JUNE 4

Processing Guilt & Acceptance

JULY 2

Dealing with Challenging Behaviors

AUGUST 6

Benefits of a Daily Routine

SEPTEMBER 3

Dining with Dementia

OCTOBER 1

Seasonal Depression & the Holidays

NOVEMBER 5

Surviving the Holidays

DECEMBER 3

Sexual Expression in Memory Care