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**Napa Valley Hospice &
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414 S. Jefferson Street | Napa, CA 94559

FOR IMMEDIATE RELEASE

**ALZHEIMER'S AWARENESS "LUNCH & LEARN" LECTURE SERIES TO BEGIN
PRESENTED BY NAPA VALLEY HOSPICE & ADULT DAY SERVICES**

January 15, 2015, Napa, CA – Napa Valley Hospice & Adult Day Services (NVHADS) is pleased to announce their new Lunch & Learn lecture series will begin on Thursday, January 29, 2015, from 12:00 to 2:00 pm, at 414 South Jefferson Street, Napa. These presentations are geared toward Care Partners who are living with loved ones who have moderate to advanced Alzheimer's disease or related dementias. The lecture will be followed by a Question and Answer session with participant exchange welcome. A sack lunch will be provided and respite will be available.

The schedule is as follows:

Thursday, January 29, 2015 – *What is Normal Aging versus Dementia?*

Wednesday, February 25 - Teepa Snow's "Positive Approach to Brain Change®" video training on
Understanding Alzheimer's Disease & Dementia

Wednesday, March 25 - *Learning to Speak Alzheimer's (part 1)*

Wednesday, April 29 - *Learning to Speak Alzheimer's (part 2)*

Wednesday, May 27 - *Understanding & Managing Challenging Behaviors: Entering into your Loved One's Reality*

Wednesday, June 24 - *Strategies for Refusing Medications & Mealtime Concerns*

Wednesday, July 29 - *Strategies for Physical Aggression & Managing Your Loved One's Personal Care*

Wednesday, August 26 - *Dealing with the Challenges of Driving & Attending Doctor's Appointments*

Wednesday, September 30 - *Considering Placement Options & the Importance of Respite*

Wednesday, October 28 - *Care Partner Grief & Loss*

Wednesday, November 18 - *Coping with the Holidays*

All presentations take place from 12:00 to 2:00 pm, at the Napa Valley Hospice & Adult Day Services offices at 414 South Jefferson Street in Napa. Pre-registration is required. There is no fee for these presentations. To RSVP or for additional information contact Jillian McNab at (707) 258-9087 ext. 272 or via email at jmcnab@nvhads.org

This series is co sponsored by Senior Helpers.

Napa Valley Hospice & Adult Day Services (www.nvhads.org), a non-profit organization, provides life-affirming care with remarkable compassion during life's most challenging transitions. Celebrating our 36th year, our programs have served more than 10,000 families in the Napa Valley over the past decade alone, and provide an important support service within our community.

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