

Ashley Gardens at Bremerton Hosts Dementia Support Group

BREMERTON—Ashley Gardens at Bremerton, a memory care community located at 3231 Pine Road, will host an Alzheimer's and dementia support group on Wednesday, June 17, at 6:30 p.m. The support group will be held at The Willows at 3201 Pine Road and hosted by Ashley Gardens at Bremerton's Life Enrichment Director Janet Presley. This group is open to the public at no cost. A light dinner will be served.

This support group session will include excerpts from *Accepting the Challenge*, a DVD series for caregivers and family members of those with memory care concerns. Offering comprehensive dementia training, this DVD will help caregivers better understand the behaviors and symptoms of people with dementia while building or improving their care giving skills.

Divided into four separate modules for progressive learning, *Accepting the Challenge* provides training on multiple levels for all learning styles. The support group on June 17 will cover Module 2: Physical Approach / Communication Skills. Subsequent modules will cover:

- Module 3: Offering Assistance / Evaluating Cognitive Levels
- Module 4: Meaningful Days (Activities) / Problem Behavior

The group provides a forum to share information, resources and coping techniques for people with dementia, their caregivers, family and friends. For more information, please call 360-478-7277 or visit www.cascadeliving.com <<http://www.cascadeliving.com>> .