

Ashley Gardens of Mount Vernon Hosts Support Group

MT. VERNON, Wash.—Ashley Gardens of Mount Vernon, a memory care community located at 3807 College Way, hosts a monthly support group that is open to the public every third Monday of the month. The next meeting will be held on Monday, April 20, at 2 p.m. at Trinity Lutheran Church, 301 S. 18th St. Reed Henry, a coordinator from the Alzheimer's Society in Bellingham, will be the speaker at this support group. Henry will lead a discussion on "***Coping with Dementia,***" a session designed to help family and friends cope with the hardship of memory loss in loved ones.

The meeting is a forum to share information, resources and coping techniques for caregivers. For more information, please call Helen Fisher at 360-419-9422.