

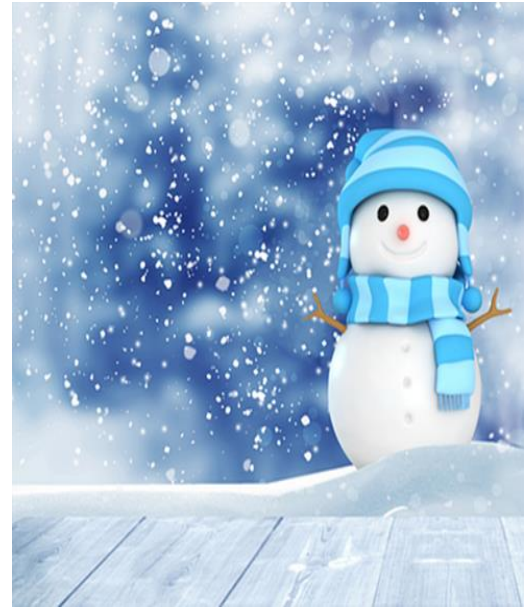
## Understanding Dementia and Memory Loss

January 11<sup>th</sup> 1-2pm

Although most people have heard of Alzheimer's Disease, many do not have a full understanding of what it means to have this diagnosis. There are many types of dementia; Alzheimer's Disease is the most common. Dementia is not a normal part of aging. While medical science has not yet found a way to cure dementia or stop its progression, understanding dementia can help caregivers provide support and improve quality of life.

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJwkcU6spzkrGNwDF3k0HT1bZWUKSbrU4NMV>



For more information contact Monica Townsend at [mlt4@ubhc.rutgers.edu](mailto:mlt4@ubhc.rutgers.edu) or call Care2Caregivers at 800-424-2494.

*These sessions are free and open to those who are currently caring for a loved one and for caregivers whose loved one has died. Join us for these live, interactive sessions through either Zoom or your telephone.*

You will receive log in information after you register.

## Beating the Quarantine Blues: Enhancing Social Connectedness During Times of Isolation

January 29<sup>th</sup> 1-2pm

Feelings of loneliness and isolation can have profound and lasting effects on our well-being. It can be especially hard when we are facing a national crisis, like a pandemic.

Being restricted and limited can make one feel very disconnected and burdened with care needs of others. Staying connected can help lessen serious health risks. This workshop will examine ways to strengthen social connections, review tips to prevent and combat isolation and explore resources to provide additional support.

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJMrcEihqT4pGd77MJhHnMXOFDTxjK0UdfS5>