

Alzheimer's and Dementia Support Group Series

Presented by Clarendale of Algonquin



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ALGONQUIN

Join Clarendale of Algonquin the fourth Tuesday of each month when Karen Tennyson MSW, LCSW, CDP from Journey Care Hospice leads a support discussion group through important topics for family caregivers. Participation is free and refreshments and hors d'oeuvres will be served, but reservations are encouraged.

TUESDAY, JULY 25

Hospice and Palliative 101

Attendees will learn the basics of what hospice and palliative care can offer. Join the group for an opportunity to learn and share.

TUESDAY, AUGUST 22

Me Time - A Journey to Self-Care

Find out why self-care is so vital to maintaining your caregiving efforts, learning skills and techniques to integrate into your daily routine during this interactive session.

TUESDAY, SEPTEMBER 26

What can I do to plan for the future?

Join this session to learn the ins and outs of POLST and Health Care Power of Attorney forms. Please prepare your questions as ample time will be allotted for discussion.

TUESDAY, OCTOBER 24

Spiritual Connections presented by Jason Princer, M. Div.

Make a connection with the spiritual nature of caregiving through a discussion of caring for the soul during this interactive session.

TUESDAY, NOVEMBER 28

Coping with the Holidays

Your efforts as a caregiver are always challenging but particularly so during the holiday season. This discussion will provide tips on coping with feelings of grief and loss while still enjoying this time of year.



ALL MEETINGS ARE SCHEDULED FROM 5 TO 6:30 P.M.

2001 WEST ALGONQUIN ROAD | ALGONQUIN, IL 60102

RSVP encouraged for each session by calling (847) 458-6800.

About Clarendale of Algonquin: This all-new retirement community offers maintenance-free living in an environment as warm and welcoming as a friendly village—whether you're looking for independent living, assisted living or memory care for someone you love.

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