

CAREGIVER SUPPORT PRESENTED BY
KENSINGTON PLACE REDWOOD CITY



Experience a *New Era* in Memory Care

What technology and staff education help foster environments and attitudes to create happy, healthy, engaged seniors who have Alzheimer's or other types of dementia?

How is Kensington Place Setting the Bar?

Join the Executive Director John Graham, Director of Nursing Cathy Bowman, Director of Memory Care Cathy Allen and the whole Kensington Place team for tours, information, and delicious appetizers at our Community Open House in June or July.

Thursday , June 16, 2016

or

Thursday, July 21, 2016

5:00- 7:00 PM

Kensington Place • 2800 El Camino Real • Redwood City, CA
RSVP online, by phone or email

650-363-9200

info@KensingtonPlaceRedwoodCity.com



KENSINGTON PLACE
A Memory Care Community

REDWOOD CITY

www.KensingtonPlaceRedwoodCity.com





Seminar Series for Caregivers of those with Dementia

Join Kensington Place's Caregiver Resources Seminar Series to learn skills and information to help you better care for your loved one with Alzheimer's or other types of dementia.

Kensington Place is hosting its second annual Caregiver Support Seminar Series for families, friends, neighbors, and others caring for those with any of the nearly 100 types of dementia. Learn about proven tips and techniques for improving care, options for care, available local and national resources, and much more.

Don't miss any of these free seminars (full curriculum of classes inside).

**For more information or to RSVP for any or all events,
call 650-363-9200**



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2800 El Camino Real, Redwood City, CA 94061

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License
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opportunity



CAREGIVERS SEMINAR PRESENTED BY KENSINGTON PLACE REDWOOD CITY



Jill Melvin, LCSW, MSW, Care Manager

Join the monthly Transitions Family Support Group to help you maximize the positives and develop strategies for coping with the stresses that come with this caring for someone with dementia.

Jill Melvin specialized in Gerontology at UC Berkeley and Sociology at UC Santa Barbara. She has worked with older adults and their families for the last 13 years and joining Sage Eldercare Solutions is a return to her roots as a Care Manager.

Transitions Support Group

*Thursday, June 9, 2016
and*

*Thursday, July 14, 2016
7:00 PM - 9:00 PM*

Kensington Place
2800 El Camino Real,
Redwood City



Jessica Derkis

Join Jessica, the Director of Outreach, who has been caring for seniors both professionally and personally for decades. Together with the Area Office on Aging, she also helped to develop an interactive 8-week curriculum for “hacking your memory.” She will present a condensed version for us in this lecture.

Learn practical tips on “hacking your memory” by cultivating situational awareness, honing purposeful focus, as well as some low tech & high tech memory devices, brain games, recent studies, and developments in communicating with those with dementias as long as possible.

Hack Your Brain

*Tuesday, June 14 2016
10:00 AM*

San Carlos Senior Ctr
601 Chestnut St
San Carlos



Experience a New Era in Memory Care at Kensington Place

Join the Kensington Place team to learn about the education and technology that sets Kensington Place apart in caring for those with Alzheimer's and other types of dementia. Enjoy appetizers by Chef Tony Ng, sway to some classic tunes and visit the new and improved memory lane.

Community Open House & Meet the Team

*Thursday, June 16, 2016
or*

*Thursday, July 21, 2016
5:00 PM - 7:00 PM*

Kensington Place
2800 El Camino Real,
Redwood City

CAREGIVERS SEMINAR PRESENTED BY KENSINGTON PLACE REDWOOD CITY



Cathy Bowman, RN

Director of Nursing, Cathy Bowman, will share her experiences in caring for seniors for more than 25 years including her aging parents.

Learn tips for navigating physicians appointments, understanding medical jargon, finding and researching options of all kinds - while having a job and a life? Cathy offers practical advice for asking questions, getting answers and maintaining your own sanity.

Caregiving Isn't for Sissies...

*Thursday, June 23, 2016
7:00 PM - 9:00 PM*

Kensington Place
2800 El Camino Real,
Redwood City



Dr. Patrick Arbore

Dr. Arbore is the Founder and Director of the Center for Elderly Suicide Prevention and Grief Related Services, a program of the Institute on Aging in San Francisco.

His presentation helps professionals, family members, and older adults find hope, support, and innovative strategies to successfully manage the challenges associated with aging.

Grief, Depression, and Dementia: There is Hope

*Thursday, July 7, 2016
7:00 PM - 9:00 PM*

Holbrook Palmer Park
150 Watkins Ave, Atherton

Back by Popular Demand



John Graham

Executive Director and author of *Cheeseburgers for Seniors*, John Graham, and Memory Care Director, Cathy Allen, will share their decades of experience about the nearly 100 different types of dementia, the disease progression, care and concerns for some of the most common types including Alzheimer's, Frontotemporal, Lewy Body, Wernicke-Korsakoff, and Parkinson's Related. Get practical tips for every day issues.

Your Loved One Has Dementia... Now What?

*Thursday, July 28, 2016
6:00 PM - 8:00 PM*

Kensington Place
2800 El Camino Real,
Redwood City

Though space is limited, all events are free of charge and include refreshments by Chef Tony Ng.

RSVP online, by phone or email

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