

UPCOMING EVENTS



ST. JOSEPH HOSPITAL

Senior Resource Center

A Member of Covenant Health

The mission of St. Joseph Hospital Senior Resource Center is to provide support to patients recently diagnosed with dementia or other memory related disorders, family members of those recently diagnosed, and caregivers.

Events for St. Joseph Hospital Senior Resource Center are held on Fridays beginning at 10:00am. Located on 460 Amherst Street in Nashua, NH, **all events are free and open to any member of the community.** Light refreshments will be served. Pre-registration is not required, but is recommended.

To register for an event, or for more information, please contact Michele Canto, Director of Community Ministries, at mcanto@sjnh.org.



MAR 01 Seasons of Dementia

We invite you to join us for a presentation on the seasons of dementia and other memory related disorders. Presented by Home Health & Hospice, the purpose of this presentation is to stimulate senses by adding meaning to simple activities. This has been proven to decrease anxiety and agitation of those experiencing dementia and other memory related disorders.

MAR 15 Senior Gems

We invite you to join us for a presentation on Senior Gems by Senior Helpers. Senior Gems is a classification system using gems to compare the different stages of dementia. The gems are used as a metaphor to define normal aging and the many appearances, behavior changes, skill sets, and needs of those living with the effects of neurocognitive failure (dementia) or other brain changes.

MAR 22 Meet Author Kelly McCarthy

Join us for a presentation by Author Kelly McCarthy, as she presents from the first half of her book - Brass Ring Memoirs: Encouraging stories using practical methodologies to help caregivers reach for their goals in Alzheimer's & dementia care.

APR 5 Caregiver Compassion & Fatigue

We invite you to join us for a presentation by Lisa Hanson, Social Worker, Bereavement Coordinator, and Certified Care Manager. During this presentation, Lisa will be speaking about the importance of providing compassion to caregivers, and what signs to look out for in caregiver fatigue.

**APR
12**

Healthy Living

Presented by the Alzheimer's Association, you will have the opportunity to learn about ten easy and important ways to love your brain - as it is never too late or too early to incorporate healthy habits into your lifestyle.

**APR
19**

Virtual Tour of Dementia

Senior Helpers will be providing a "virtual tour" of what it is like to have dementia or other memory related disorders. They will be bringing in stimulating goggles for caregivers to experience what it is like to have dementia or other memory related disorders first hand.

**APR
26**

At Home By Hunt

Presented by Kelly Kennedy of At Home By Hunt, you will have the opportunity to learn about keeping a loved one at home. At Home By Hunt is a long-term care program that helps seniors age in place, remaining in the home that they love regardless of future health changes.

**MAY
10**

Home Safety & Memory Loss

The Alzheimer's Association will be presenting quick tips and tricks on how to keep your loved ones safe at home. During this presentation, you will learn a home safety checklist, how to evaluate your home environment, and what safety hazards to avoid.

**MAY
17**

Caregiving in the World of Alzheimer's

Join us for a special presentation by Author Marjorie Burke, as she will be speaking on her personal journey on caring for her husband, Donald, through Alzheimer's Disease.

**JUN
7**

Meet Author Kelly McCarthy

Author Kelly McCarthy will be presenting from the second half of her book - Brass Ring Memoirs: Encouraging stories using practical methodologies to help caregivers reach for their goals in Alzheimer's & dementia care.

**JUN
28**

Understanding & Responding to Dementia

The Alzheimer's Association will be giving a special presentation on importance of understanding dementia and how it affects your loved ones.