

## MARCH | CLASSES FOR CAREGIVERS SERIES

### DIAGNOSIS DEMENTIA: NOW WHAT?

*Wednesday, March 20, 2019*

1:00 pm - 3:00 pm

It can be quite a shock - or a sense of relief! - once the diagnosis has been given. This discussion will help you start planning for the future, while also adjusting to a new life with someone who has dementia.

#### PRESENTER

**Lindsey Vajpeyi, Director of Education and Outreach**



Lindsey has dedicated her career to working with older adults. She currently holds an Activity Director Certification with specialization in Memory Care, essentiALZ Dementia Advanced Care certification, and a Master Trainer certification with the Best Friends Approach to Dementia Care. Lindsey is passionate about quality dementia care, support and education, and assisting those with dementia to retain a sense of self and purpose throughout every stage of the disease.

*mark your calendar...*

#### NEXT CAREGIVER CLASS

**Getting Your Legal Ducks in a Row** | *Wednesday, April 17, 2019 at 1:00 pm*

#### MEMORY CAFE

*1st and 3rd Wednesdays of each month from 4:00 to 6:00 pm*

#### COMMUNITY SUPPORT GROUP

*2nd and 4th Wednesdays of each month from 10:00 to 11:30 am*

#### MEMORY SCREENING

*4th Wednesdays of each month from 1:00 to 3:00 pm*

#### CLASSES FOR CAREGIVERS EDUCATION SERIES

These programs are a part of our ongoing Classes for Caregivers series, geared towards family caregivers caring for a loved one at home. All sessions are FREE, and open to the public. Classes are held the third Wednesday of each month from 1 to 3 pm.

#### RESPITE

Respite care may be available by request; please notify us when registering to confirm availability.

#### LOCATION

Linda and Lou Mazawey  
Education and Support Center  
3955 Pender Drive, Suite 100  
Fairfax, VA 22030

#### RSVP

Please contact Lindsey Vajpeyi at [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org) or 703-204-4664. You can also register online at [InsightMCC.org](http://InsightMCC.org); click on the event calendar at the top right of any page.