



Caring: It's not the hard part of caregiving

Join us for a FREE evening of information and inspiration for family caregivers

It Wasn't Supposed to be This Way:

Finding Meaning in Caregiving

With over 28 years of family caregiving experience and over 30 years in professional dementia care and training, **Lynda Markut** will take you on a journey through the challenges, changes, and compassion of caregiving while helping participants to discover that “what doesn't kill you really does make you stronger.” Caregivers will be guided to discover what caregiving means for them and the person with dementia.

Improving Quality of Life for Individuals with Dementia:

Effective caregiver strategies

Research suggests that behavioral and socially based caregiver interventions can be just as effective as medication in treating dementia. **Dr. Michelle Braun** will discuss effective strategies for improving the quality of life for people with dementia including how to use and tailor behavioral interventions and how to partner with a healthcare team. She will also discuss common caregiver concerns including how to respond to common distressing behaviors and the importance of receiving continued caregiver education and support. Quality of life for the caregiver may also be enhanced with the use of these techniques.

Come join us for one of these free programs!

FREE dinner included (pre-registration required); vegetarian available by request at registration.

Monday, April 15 | 5:00 - 8:00 pm

Racine Marriott

7111 Washington Avenue (Hwy 20)

Racine, WI 53406

Register by: Monday, April 8

Monday, April 29 | 5:00 - 8:00 pm

The Parkway Chateau (at the Brat Stop)

12304 75th Street

Kenosha, WI 53142

Register by: Friday, April 19

Supervisory care for your loved one may be available — please inquire when you call to register. Events also taking place in Brown Deer and Brookfield, call for more information.

To register, contact Krista Scheel at the Alzheimer's Association:

Phone: (414) 479-8800 or (800) 272-3900

E-mail: krista.scheel@alz.org

Meet our Speakers

(both appearing on each date)

Lynda A. Markut is the Education and Family Support Coordinator for the Alzheimer's Association of Southeastern Wisconsin. She provides education to corporations, social service and health organizations, and works with family caregivers throughout the 11 counties in southeastern Wisconsin.

Dr. Michelle Braun is a board-certified neuropsychologist specializing in neuropsychological assessment, geropsychology, decisional capacity assessment, and behavioral medicine.

She rejoined Wheaton Franciscan-All Saints in 2011 after serving as the Assistant Director of Inpatient Mental Health at the Boston VA and Instructor of Psychiatry at Harvard Medical School.

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