

Alzheimer's and You



THE FOOTHILLS
RETIREMENT COMMUNITY
Presbyterian Communities of South Carolina

The Foothills Retirement Community encourages you to join us for a special educational series focusing on the unique challenges presented by Alzheimer's disease and caregiving for those with dementia. These sessions, led by Karen Nichols, will be held on Tuesdays from 5 to 7 p.m. in the Chapel at The Foothills Retirement Community. Light refreshments will be served.



Please RSVP
for any session
by calling
(864) 307-1977

If you need care assistance for your loved one so that you can attend the sessions, please mention that when you call!

Dementia from The Inside Out

Tuesday, August 27 • 5 - 7 p.m.

What are the differences between Alzheimer's and Dementia? Take a look at healthy brains versus brains for people with dementia. Discuss how the changes in each specific area of the brain relate to the behaviors we see expressed.

RSVP by Thursday, August 22.

Communication Is Key

Tuesday, September 3 • 5 - 7 p.m.

Learn more about the changes to the brain that occur in someone with dementia. We will discuss the best tips and tools for communication so that you are not finding yourself in conflict with the person you are caring for.

RSVP by Thursday, August 29.

Every Elder is a Gem - Part I

Tuesday, September 10 • 5 - 7 p.m.

We will learn about the stages of dementia by developing a common language to use that describes each stage, focusing on the positives and not simply the loss. We will discuss some of the common traits we see at each stage of the disease and how we as caregivers can respond. RSVP by Thursday, September 5.

Every Elder is a Gem - Part II

Tuesday, September 17 • 5 - 7 p.m.

We will continue the discussion about the stages of dementia and how we can best relate as a caregiver at each stage. RSVP by Thursday, September 12.

Love Your Elder and Yourself

Tuesday, October 1 • 5 - 7 p.m.

We will look specifically at caregiving. Learn about the five basic human that need to be met – both in the lives of caregivers and those living with dementia.

RSVP by Thursday, September 26.

Our Presenter:

Karen Nichols was born and raised in upstate South Carolina. She has Bachelors degrees in Psychology from the University of South Carolina and in Nursing from Lander University. She has spent more than 20 years of her career dedicated to serving seniors. Her work on the state and national level toward creating person-centered care has made her a well-respected speaker, advocate and advisor. She helped design, build and operate the Cottages at Brushy Creek and Cascades Verdae Retirement Community. She served as statewide coordinator of an organization dedicated to improving quality of life in Long Term Care, and she served as the director of the geropsych unit at Mary Black Hospital. She is currently Executive Director at the Foothills Retirement Community in Easley, a part of the Presbyterian Communities of South Carolina. Karen is particularly passionate about caring for and training people to care for people with dementia and feels that helping people understand them is her life's calling. She is a wife, mother of three girls, grandmother, avid reader, an active member of her church and has three furry companions.



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