



VALLEY NEIGHBORS FALL EVENTS 2025

Your Brain Health and Dementia Care Series

Where: Whately Town Hall Auditorium, 194 Chestnut Plain Road and Sunderland Library, 20 School St. All events are free, open to the public and accessible. **Bring a neighbor or friend and learn how to keep your brain healthy!**

Our presenter Linda Puzan, MSW, brings decades of experience in the fields of dementia care and memory support. She has dedicated her career to understanding the challenges of memory loss and providing compassionate guidance to individuals and caregivers alike. Linda's experience includes providing dementia care training to staff, dementia coaching to caregivers and facilitating dementia caregiver support groups.

Optimizing Brain Health As We Age - September 16, 2-3:30 p.m., Whately



This presentation will take a look at the aging brain, strategies, advice and resources to keep your brain healthy. We will review and discuss myths about the aging brain, what is helpful to enhance brain health, and what research tells us about the aging brain.

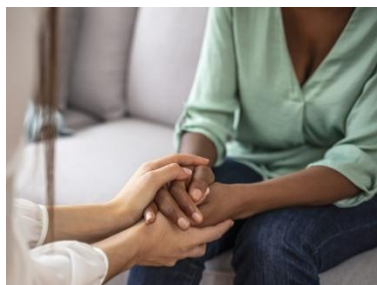
The Many Faces of Dementia - Tuesday, October 14, 2-3:30 p.m., Whately

This program will provide an overview of the different types of dementia with a focus on the most common dementia diagnoses. Discussion will include review of these common dementia, how they manifest, causes, and how to get an accurate diagnosis.



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The ABC of Dementia Care - Tuesday, November 18, 2-3:30 p.m., Sunderland



This presentation will focus on how caregivers and other helpers can provide compassionate and effective caregiving to those with dementia. The ABC's include: what type of Activities to provide, how to deal with some common Behaviors, and utilizing effective Communication skills.