

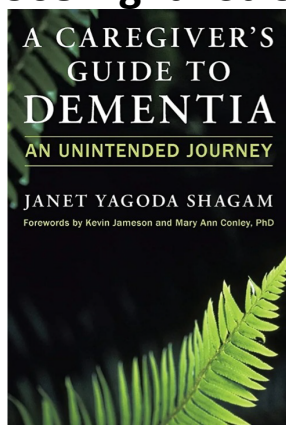
...are you caring for a loved-one with Alzheimer's? You're not alone. Help is here.



# THE MEMORY CARE ALLIANCE

**Caregiver Day - Las Vegas**  
**Saturday, June 8th 9:00 - 4:00.**  
**Temple Montefiore**

**908 Eighth Street in Las Vegas**



**Keynote Speaker: Dr. Janet Yagoda Shagam, PhD.**  
**Author of "A Caregiver's Guide to Dementia... An Unintended Journey".**

Dr. Shagam's book is one of the best caregiver guides available. She will read excerpts from her book, make comments and answer your questions. You can order Dr. Shagam's book on Amazon. *Be sure to get the second edition!*

#### **Additional Speakers:**

**Janet Smith, RN. - "Practical Daily Care".** Janet will review the skills needed to care for a loved-one who needs assistance with daily living...bathing, grooming, dressing and will also talk about the skills required for caring for someone who is bed-bound.

**Barak Wolff, Department of Health Retired. "End of Life Options in New Mexico".** Barak will discuss the choices that are available to New Mexicans including information about the medical aid in dying law and for a person living with Alzheimer's or any other dementia-related illness.

**Ruth Dennis, LMHC. "Stressbusters!".** Ruth is the counselor for Vista Living in Santa Fe and will talk about the 9 week online course that will help caregivers manage stress.

**David Davis, Executive Director for The Memory Care Alliance. "The Traits Of A Good Caregiver".** There a number skills needed to be a caregiver. This short workshop exercise is part of the Prepare to Care Course which will be offered later this June in Las Vegas.

**Melissa Smith, LMHC. "The Importance of Self-care".** Melissa is the founder of The Caregiver Wellness Retreat program and is our resident "self-care goddess". She will speak about the need to be mindful of your own care along with the person you are caring for. She will offer numerous ways to achieve this crucial caregiver challenge.

**.....and "Ask Us Anything".** Speakers will be on hand to, well, ask them anything. Bring any and all of your questions to be answered by the professionals.

*Selected vendors and other related non-profits, including the Aging and Long Term Services Department, will be on hand to share valuable resources with you.*

**Seats limited. Reservations required.**  
**Lunch Provided. Both on-site and in-home respite care options are available so you may attend.**



**Register Now!**  
[www.thememorycarealliance.org](http://www.thememorycarealliance.org)  
[admin@thememorycarealliance.org](mailto:admin@thememorycarealliance.org)  
**505-310-9752**