

# ***EARLY STAGE ALZHEIMERS SUPPORT GROUP***

**WHEN:** First Wednesday of the Month at 10:00AM

**WHERE:** Amery Senior Center, 608 Harriman Ave. So., Amery

The meetings will be for Diagnosed Person and Caregiver.

The Challenges in Early Stage Dementia will be discussed in future meetings. Such as

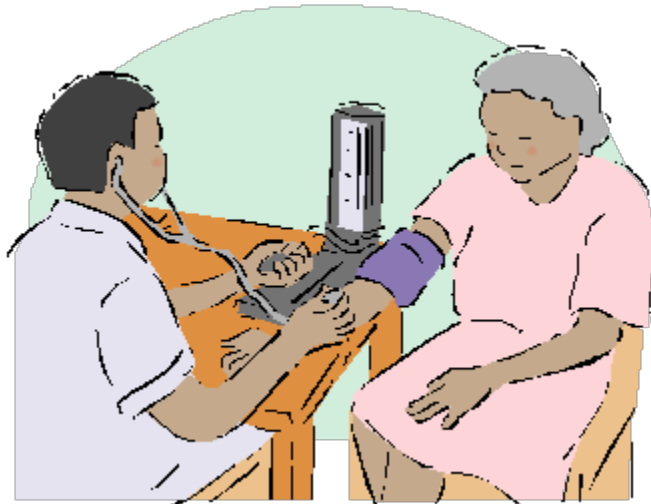
- Maintaining a Continuity of Self
- Adjusting to Interruption of Continuity
- Balancing Autonomy with Dependence
- Finding/Maintaining Community
- Coping with Changing Relationships
- Managing Intellectual and Functional Changes

Therapeutic Benefits of Family Involvement

- Both gain understanding of the disease
- Mutual support and information sharing
- Increased communication among other family members and the person with Dementia
- Helps both families and individuals recognize each other's reactions to the disease, Develop empathy
- Feelings of empowerment
- Preservation of dignity and self-esteem of families as a whole

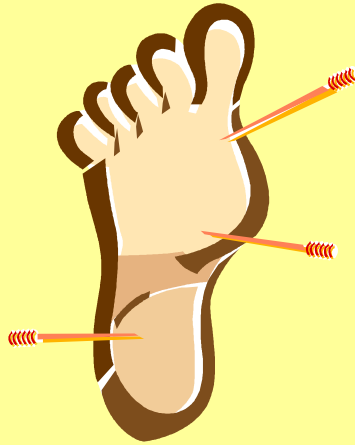
For further information and registration for the meetings, please contact Gloria Bauer, P.O.Box 554, Amery, WI Phone: 268-6644 or the Amery Senior Center 268-6605

# BLOOD PRESSURE CLINIC



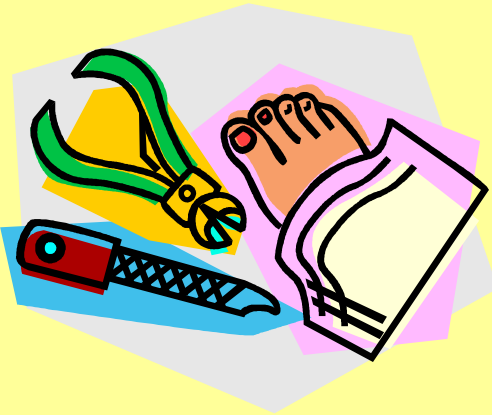
We will continue to offer FREE Blood Pressure Clinics on the first Thursday of every month starting at 11am. This is held the same day as our birthday parties. Everyone is invited to the monthly birthday parties- it doesn't have to be your birthday to join us. Just let us know a day or 2 ahead of time so we can prepare enough food.

# FOOT CLINIC



Need some professional foot care?  
Every second Wednesday of the month  
an RN will be here to take care of your  
foot grooming needs.

Call Centennial Hall to make an  
Appointment: 268-6605



# SEATED CHAIR MASSAGE!

By Marge Hover

Relieve tension in your neck,  
back and shoulders!

Only \$1/per minute

A portion of the proceeds goes to the  
Amery Senior Center

When: The first Tuesday of  
each month  
from 11:00 – 1:30

Walk-In's Available!

