



FOR IMMEDIATE RELEASE

February 7, 2019

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CALENDAR ITEM

Free Course Held in Reading from March through April for Family Caregivers Supporting Loved Ones with Alzheimer's and Dementia

(Reading, MA)— If you are a family caregiver working to support the needs of a loved one with Alzheimer's or dementia, there is now help! Mystic Valley Elder Services in partnership with the Reading Council on Aging will be holding its free, six-session course **The *Savvy Caregiver Program* at the Reading Police Department, Community Room, 15 Union Street, in Reading, on Tuesdays from March 12 through April 16 with a snow day/makeup date of April 23, from 10:00 am to 12:00 pm**, for family and friends who are active caregivers.

The Program will provide you with the information, skills, and support you need to provide top-quality care to the person you love while taking care of yourself. As a caregiver, you deserve to be confident that you're making your loved one's life better. Don't let anxiety define your life; you deserve to feel competent and skilled. Don't spend your days questioning your own ability to provide care.

The program will provide you with essential information and resources:

- Understand the impact of dementia on your loved one and on you.
- Learn skills for managing daily life without burning yourself out.
- Take control of your time and set goals for yourself and your household.
- Grow into a stronger communicator.
- Strengthen your family's resources and resilience.

Registration is free, but required. To register or for more information, please call **Kathy Learned at 781-388-2350**. With advanced notice, Mystic Valley Elder Services can help connect you with a trained companion to stay with your loved one while you attend the workshops.

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Mystic Valley Elder Services is a non-profit agency that provides essential home- and community-based care and resources to elders, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit www.mves.org. Savvy Caregiver is sponsored by Elder Services of the Merrimack Valley, Administration for Community Living and the Massachusetts Executive Office of Elder Affairs.

