



OCEAN COUNTY LIBRARY

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PRESS RELEASE

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Ocean County Library November Virtual Series To Support and Guide Alzheimer's Caregivers *Image Included*

TOMS RIVER – During November, the Ocean County Library and the Alzheimer's Association Greater New Jersey Chapter will mark National Family Caregivers Month with a free virtual series to help caregivers prepare for Alzheimer's progressive stages.

“Living with Alzheimer's for Caregivers: Understanding Early Stage”

10 AM Monday, November 8

10 AM Wednesday, November 10

10 AM Monday, November 15

Participants will find resources for planning, learn components of a care team, and discover how to successfully work with each component.

“Living with Alzheimer's for Caregivers: Understanding Middle Stage”

2 PM Monday, November 15

2 PM Wednesday, November 17

2 PM Thursday, November 18

Participants will become familiar with behavioral and relationship changes, medication management, personal care, hospitalization preparation, home safety, day services, senior living options, and more.

The sessions will be presented by Nicolette Vasco, Program Coordinator of the Alzheimer's Association Greater New Jersey Chapter. A question-and-answer session follows each presentation.

Registration at www.theoceancountylibrary.org/events is required for these free programs. Each registrant will receive a link to the program by email.

Keep up with Library programs and events at www.theoceancountylibrary.org, and follow the Library on [Facebook](#), [Instagram](#), [Twitter](#), [Spotify](#), [Pinterest](#) and Snapchat.

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alzheimer's  association®



November is National Family Caregivers Month



Living with Alzheimer's for Caregivers: Understanding Early Stage

This three (3) part series will help caregivers recognize the symptoms of early stage Alzheimer's disease, provide resource planning, and components of a care team and how to successfully work with each component during the early stage of the disease. Presented by Nicolette Vasco, Program Coordinator of the Greater New Jersey Alzheimer's Association.

With a Q&A at the end of the presentation.

11/8, 10am, Monday

**Living with Alzheimer's for Caregivers:
Understanding Early Stage, Part 1**

11/10, 10am, Wednesday

**Living with Alzheimer's for Caregivers:
Understanding Early Stage, Part 2**

11/15, 10am, Monday

**Living with Alzheimer's for Caregivers:
Understanding Early Stage, Part 3**

Living with Alzheimer's for Caregivers: Understanding Middle Stage

This three (3) part series covers information regarding the symptoms of the middle stage of Alzheimer's disease, relationships changes, providing personal care, preparing for hospitalization, behavior changes, medication management, home safety, day services, senior living options, caregiver needs and more. Presented by Nicolette Vasco, Program Coordinator of the Greater New Jersey Alzheimer's Association.

With a Q&A at the end of the presentation.

11/15, 2pm, Monday

**Living with Alzheimer's for Caregivers:
Understanding Middle Stage, Part 1**

11/17, 2pm, Wednesday

**Living with Alzheimer's for Caregivers:
Understanding Middle Stage, Part 2**

11/18, 2pm, Thursday

**Living with Alzheimer's for Caregivers:
Understanding Middle Stage, Part 3**

All participants must register to receive Zoom Link.
Register at theoceancountylibrary.org/events or
call 732-349-6200.

Caregiver Journal Take & Makes

Reflective writing is a beneficial form of self-care.
Branches have a limited supply for caregivers only -
Check at your local branch.



alzheimer's association®
Greater New Jersey Chapter

This program is presented in partnership with the
Alzheimer's Association Greater New Jersey Chapter

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