



Caregiver News and Updates

January 2020



Caregiver Support Group Schedule

January

January 21st
1:00-2:30 p.m.
2666 Riva Road, 4th floor
Annapolis

February

February 12, 2020
1:00-2:30 p.m.
7320 Ritchie Highway
Glen Burnie

Pre-registration is NOT required!

February 18 2020
1:00-2:30 p.m.
2666 Riva Road, 4th floor
Annapolis

Please note a change to the November schedule for the North County/Glen Burnie office. Due to the Veterans Day holiday, the support group will be held on November 4th.

[Click here for the 2020 Caregiver Support Group Schedule.](#)



February Caregiver Workshop

Anticipatory Grief

Staff, Hospice of the Chesapeake

While anticipatory grief shares some commonalities with conventional grief, some symptoms are unique. Symptoms can include depression, anxiety and irritability, and mourning changes in the loved one's personality or appearance. This workshop will focus on how you can redefine hope and focus on quality of life for both you and your loved one.

February 13, 2020; 1:00-3:00 pm
North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie

Anyone needing accommodations must contact Mary Chaput at 410-222-4339 or by e-mail at agchap01@aacounty.org at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.

[Click here for the 2019-2020 Caregiver Workshops Schedule and to register on-line.](#)

Dementia Live®

Department of Aging & Disabilities Staff

This workshop is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change. Space is limited.



Department of Aging & Disabilities
North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie
6:30-8:30 pm

March 19, 2020
May 21, 2020

**Pre-registration by phone is required:
410-222-4375/4339/4377.**

Community News & Events

The Alzheimer's Association Memory Cafe

The Memory Café is a safe and relaxed place where people with dementia, their families and friends, and health and social care professionals come together for a unique blend of education and support. It is a forum where people can share experiences and talk about dementia. Anyone affected by early-stage dementia is welcome to attend. Light refreshments are served.



Monday, January 27, 2020
6:30-7:30 pm
Department of Aging & Disabilities North County Office
7320 Ritchie Highway, Glen Burnie

For more information and to register, [email Dawn Lewis](mailto:Dawn.Lewis@alz.org) or call 301-338-0224. The Memory Cafe is facilitated by The Alzheimer's Association, Greater Maryland Chapter.



Anne Arundel County
Department of Social Services

RESPITE CARE PROGRAM

If you, a family member, customer or resident of Anne Arundel County is caring for an individual that has a functional or developmental disability they may be eligible for our Respite Care Program

What is Respite Care? Respite is a temporary break for caregivers from their regular care giving responsibilities. These breaks can allow caregivers to do things they would not otherwise have time for or be able to do.

Examples of respite includes: going on vacation, running errands, going to the movies and visiting with family and friends.

To find out more about our new respite program or to obtain an application,

Call the Anne Arundel County Department of Social Services Annapolis Office at 80 West Street and ask to speak with an Emergency Services Case Manager.

410-269-4472

PPA Conference 2020: Communication & Connection



[Click here](#) for more information about the education and support conference for individuals living with Primary Progressive Aphasia, their families and professionals on March 23rd in Chicago.

Chesapeake Life Center

[Click here](#) for the January-March 2020 Chesapeake Life Center program schedule for support group and other events.



Anne Arundel County
Department of Aging and Disabilities
Family Caregiver Support Programs
(410) 222-4257
www.aacounty.org/aging
caregiver_support@aacounty.org

STAY CONNECTED

