

Alzheimer's Texas

MONTHLY NEWS

November

ALZHEIMER'S
TEXAS PRESENTS

CAREGIVER CONVERSATIONS

Hosted by
Joan Asseff, LCSW-S

Join us Wednesday,
November 16th at 11:00 AM

Upcoming Caregiving Conversation

Thank you to all who participated in our collaborative group discussion by sharing strategies, experiences, and insightful tips during our last Caregiver Conversation session. We are excited to share our next **Caregiver Conversation topic: Using Reminiscence and Validation to Support People Living with Dementia.** The University of Texas Professor and clinical social worker, Joan Asseff, LCSW-S, will facilitate each Caregiver Conversations meeting, including relevant discussion questions to help attendees share experiences, barriers, strategies, and much more. Please register below for these supportive, solution-focused conversations about caring for their loved ones living with dementia. Registration space is limited, so register today for our next session on **Wednesday, November 16th, at 11:00 AM.**

RSVP Today!



Together we give.

Nov 29, 2022

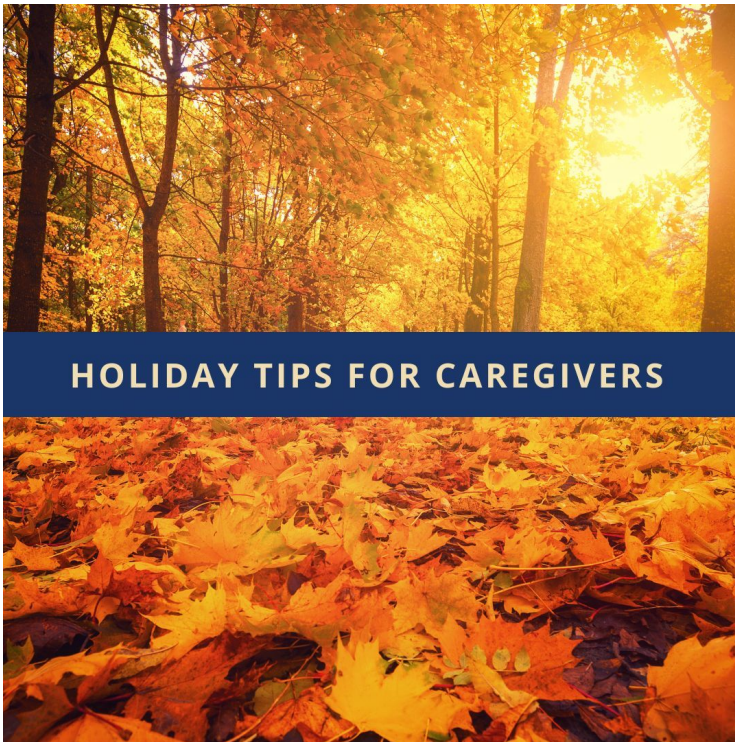
GIVING TUESDAY

Save the Date for #GivingTuesday

This year, we invite you to join us on **November 29** for the worldwide giving movement called GivingTuesday. GivingTuesday is an annual global day of giving that takes place the Tuesday after Thanksgiving. This special day inspires people across more than 150 countries to engage, volunteer, or donate to the causes they care about most.

At Alzheimer's Texas, we believe that giving back to the local community helps create a more equitable and prosperous environment for all. Our work relies on the generosity and passion of the people in our community who take action for good by donating and volunteering with us. Please save the date for GivingTuesday to support Central Texas nonprofits like ours.

[Donate Today!](#)



Holiday Tips for Caregivers

The holiday season is upon us! As we enter this holiday season, we wish you all a joyful time while celebrating with your loved ones. We understand that the holidays come with additional stressors for those caring for a loved one with Alzheimer's Disease and related dementias. Whether you are grieving a loved one or the many daily losses of dementia, coping with grief during this festive season is very difficult. These are emotional and practical challenges that caregivers and loved ones of those with Alzheimer's Disease must face during the holidays. We recognize the challenge of maintaining a calm and stable routine for your loved one living with Alzheimer's Disease while hosting family and partaking in other holiday events. Please see below to learn some strategies to best navigate the holiday season as an Alzheimer's caregiver.

[Tips to Make Holidays More Enjoyable](#)

[4 Meaningful Thanksgiving Tips](#)

[Holiday Caregiving](#)

[Cultivating Joy and Resilience During the Holidays](#)

Featured All About ALZ Presentation

Using Validation and Reminiscence to Support People Living with Dementia

Joan Asseff, LCSW-S

We are excited to share this month's featured All About ALZ presentation: **Using Reminiscence and Validation to Support People Living with Dementia**. A growing body of research demonstrates the benefit of reminiscence and validation approaches for people living with Alzheimer's Disease and other dementias. In this presentation, Joan Asseff, LCSW-S, provides a general overview of these approaches and details best practices for applying them when supporting people living with dementia.

These presentations provide excellent educational materials and additional resources for caregivers and support group facilitators. Please see below for the recording of this presentation.

Tip: These are great resources to view and discuss during support group meetings. Each presentation also includes additional research articles and materials to provide further learning opportunities.

[Presentation Recording](#)

[Presentation Slides](#)

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