



Dementia Friendly America

FAIRFAX • VIRGINIA

A Member of the Dementia Friendly America Network

Webinar Series

The Basics of Becoming Dementia Friendly

BECOME A DEMENTIA FRIEND!

TUESDAY, SEPTEMBER 8TH AT 11:00 AM

Take the first step to learning more about dementia! As a Dementia Friend you turn your new understanding of dementia into a practical action that can help someone living in your community.

DEMENTIA 101

TUESDAY, SEPTEMBER 15TH AT 11:00 AM

Join us for this overview to cover the basics! Learn how to define dementia, distinguish the different types, and gain an understanding of the typical path of disease progression.

5 WAYS TO TAKE CARE OF YOUR BRAIN

TUESDAY, SEPTEMBER 22ND AT 11:00 AM

Learn more about age-related changes in memory and learning, and practices to keep your brain sharp. You'll come away with practical ideas to help take care of your brain!

PRESENTER

Lindsey Vajpeyi, Director of Education and Outreach, Insight Memory Care Center

Lindsey has dedicated her career to working with older adults who live with dementia and their caregivers. Her certifications include Certified Dementia Practitioner®, Certified Alzheimer's Disease and Dementia Care Trainer®, Activity Director Certification with specialization in Memory Care, Master Trainer with the Best Friends™ Approach to Dementia Care, and she is a registered Dementia Friends Champion. Lindsey is passionate about quality dementia care from professionals, support and education for care partners, and assisting those with dementia to retain a sense of self and purpose throughout every stage of the disease.

What's the first step to becoming dementia friendly? Learning more! Join us for this webinar series to cover the basics of dementia and taking care of your brain.

DETAILS

Tuesdays from September 8 to 22
11:00 am to 12:00 noon

REGISTRATION

Please visit Insight Memory Care Center's website to register at InsightMCC.org/dementiafriendly. You can register for any sessions of interest, and log-in instructions will be emailed to you.

QUESTIONS?

Please contact Lindsey Vajpeyi at lindsey.vajpeyi@insightmcc.org.

DEMENTIA FRIENDLY FAIRFAX

Dementia Friendly Fairfax envisions our community as a place where people living with dementia and their care partners will be able to engage in a variety of activities, be supported in the highest quality of life, and can live independently for as long as possible. Learn more about us at InsightMCC.org/dementiafriendly