

Know it before you need it...

# Oh My Gosh – Now What?



There's no diagnosis like an Alzheimer's or Dementia diagnosis. More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis. Take a look at the questions and the answers in this 6-part series for families and individuals beginning the journey.

**Sumner Branch Library**  
1116 Fryar Ave., Sumner

**6:30 – 7:30 p.m.**  
**Free; No RSVP required**

<b>September 12, 2017</b> “What is Dementia? What are the warning signs?”
<b>September 26, 2017</b> “How does the disease progress? What should I expect?”
<b>October 10, 2017</b> “How do I start the conversation? How do I cope with the shock?”
<b>October 24, 2017</b> “What are the typical behaviors? How do I manage them?”
<b>November 7, 2017</b> “How do I pay for care? What are the legal things I should do?”
<b>November 21, 2017</b> “Where can I turn for help? What are the resources I can rely on?”

*Jointly Sponsored by:*

*Pierce County Aging & Disability Resource Center*

*Pierce County Library System – Sumner Branch*

*Call (253) 798-4600 for more information*





## Series offers Help, Supports for Beginning Stage Alzheimer's

Individuals and families dealing with memory loss or facing a diagnosis of Alzheimer's are typically filled with anxiety, fear and confusion. It's a time when the sky can seem to be falling in. But there is hope, there are resources and there is help.

Pierce County Aging and Disability Resources is hosting a new series of the popular "Oh My Gosh – Now What?" The 6-part series of discussions for families and individuals focuses on the initial journey of memory loss through Alzheimer's and other Dementias starts on Tuesday, September 12, 2017 at the Pierce County Sumner Branch Library, 1116 Fryar Avenue in Sumner.

"Oh My Gosh – Now What?" covers the warning signs and symptoms, managing behaviors, the disease progress, legal concerns, financial issues and local resources. All sessions will be held Tuesday evenings from 6:30 p.m. to 7:30 p.m. at the Pierce County Sumner Branch Library, 1116 Fryar Avenue in Sumner. People can attend any or all of the discussions. Sessions are free and open to all. No RSVP is required.

The schedule for sessions is:

- Sept 12 – "What is Dementia? What are the warning signs?"
- Sept 26 – "How does the disease progress? What should I expect?"
- Oct 10 – "How do I start the conversation? How do I cope with the shock?"
- Oct 24 – "What are the typical moods and behaviors? How do I manage them?"
- Nov 7 – "How do I pay for care? What are the legal things I should do?"
- Nov 21 – "Where can I turn for help? What are the resources I can rely on?"

Sessions be led by Kris Sawyers-Dowling and Jessica Girard, two case managers with Aging and Disability Resources who specialize in providing practical help to individuals and families coping with memory loss.

"We all hope that someday researchers will discover the magic cure for Alzheimer's and other dementias," said Aaron Van Valkenburg, manager of Aging and Disability Resources. "While that hasn't happened yet, there is significant progress in understanding the disease and developing successful therapies that delay its progression and manage its symptoms. This series provides accurate, helpful information from reliable sources about caring for family members with Alzheimer's."

"Oh My Gosh – Now What?" is jointly sponsored by the Pierce County Aging and Disability Resource Center and the Pierce County Library System Sumner Branch. For additional information about the series call the Aging and Disability Resource Center at (253) 798-4600.

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