



Getting to Know Dementia

A Four-Part Educational Series
March – June 2025



PROGRAM: This comprehensive series delves into the complexities of dementia, providing attendees with a deep understanding of its impact on the brain and body. Through the application of the Positive Approaches to Care curriculum, participants will acquire practice, hands-on skills for interacting with and supporting individuals with dementia. The series culminates with a emphasizing empowerment and education as key tools for navigating the challenges of dementia.

INSTRUCTOR: Debbie Kroner, Monarch Care Partners. Monarch Care Partner's mission is to empower and support people living with dementia. Through education and training, Monarch Care Partners teach the value of care partnering for caregivers. Their goal is to show family members and professionals to thrive in the ever-changing journey of dementia.

DATES & TIMES:

- **March 26 (1:30-2:30PM):** Normal vs Not Normal Cognitive Change
- **April 23 (1:30-2:30PM):** What is Dementia?
- **May 21 (1:30-2:30PM):** Now What?! Positive Approaches for Someone Living with Dementia
- **June 25 (1:30-2:30PM):** Care Giver vs Care Partner: Making Meaningful Change

REGISTRATION: Registration is open to anyone age 50 and over on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, online, mail or by phone. Payment must be made at the time of registration. Late registrations are on a first-come, first-bases pending availability. Class size minimum is 5 students, maximum 25 students. **Registration is required. Participants may register for individual classes or all four.**

FEE: This is no fee for residents to attend this class. \$5 per class fee for non-residents to attend. This series is made possible through a grant for adult (50+) programming.

LOCATION: The program will be held at the Exeter Senior Center, located at 30 Court Street.

DEADLINE: The deadline to register for any of the four dates above is one week prior to class, or once the program is full.

EXETER PARKS & RECREATION DEPARTMENT
32 Court Street, Exeter, NH 03833
Phone: 603-773-6151
Website: www.exeternh.gov/recreation
Business Hours: Monday - Friday, 8:15am - 4:15pm