



## **Are you caring for someone with Alzheimer's or another Dementia?**

***Come explore ideas on ways to bring fun and meaning to your and your loved ones day!***

Research shows that people with a form of dementia who include activity in their lives have better moods, better sleep, and less restlessness!

---

**Tuesday, August 9, 2016**

**2:00-3:30 PM**

**Volunteers of America**

**Lambert House**

**2600 SE 170th**

**Portland, OR 97236**

---

**To register for the workshop contact Loriann at 503-988-8210**

**For free respite care during the workshop, contact Lambert House at  
503-760-2075 by August 1**

**Note, space is limited so register early!**

**The workshop is FREE and sponsored by  
Multnomah County Family Caregiver  
Support Program and Volunteers of  
America Lambert House**





**Are you caring for someone with Alzheimer's or  
another Dementia?**

***Come explore ideas on ways to bring fun and meaning to your  
and your loved ones day!***

Research shows that people with a form of dementia who include activity in their lives have better  
moods, better sleep, and less restlessness!

---

**Tuesday, August 9, 2016**

**2:00-3:30 PM**

**Volunteers of America**

**Lambert House**

**2600 SE 170th**

**Portland, OR 97236**

---

**For free respite care during the workshop, contact Lambert House at 503-  
760-2075 by August 1**

**To register, contact Loriann at 503-988-8210**

**The workshop is FREE and sponsored by  
Multnomah County Family Caregiver  
Support Program and Volunteers of America  
Lambert House**

