



# Morningstar

## LIVING

Now in its 6<sup>th</sup> year – this special program continues to benefit those living with dementia in our neighborhoods.



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by Senior Solutions



*Morningstar*  
LIVING

Enriching life's journey  
for all we serve...



# Caregiver Support Groups & Education Initiatives

## Support Groups for Caregivers

10:00 a.m. - 11:30 a.m. • First Wednesday of Every Month  
at The Anniversary Hub, Moravian Hall Square, 175 W. North St., Nazareth, PA 18064



While caring for someone with dementia, you can receive support, guidance, and education in a small group setting. Our support group offers an avenue to share your challenges, exchange ideas, and create strategies with others in similar situations. Our professional group facilitators are trained by the Alzheimer's Association. If you have questions about the Support Group please call Carol Keister on 610.746.1386.



NAZARETH, PA • [www.MorningstarLiving.org](http://www.MorningstarLiving.org) • 610.746.1000

## Memory Lane



Morningstar Living is dedicated to providing education to caregivers, professionals and community members about dementia-related diseases. Memory Lane is an initiative aimed at providing information and education to the public, specifically about dementia.

As dementia progresses, a person may lose the mental capacity to make informed choices independently. They may need help understanding complex information, making consistent choices, or managing finances. In this seminar, Kelly O'Shea Carney, Board Certified Geropsychologist, will help you develop an understanding of decision-making capacity, identify the signs that decision-making capacity is diminishing, and explore strategies for supporting a person whose decision-making capacity is diminished.

### How to Know When It's Time to Help with Decision Making

THURSDAY, MARCH 20<sup>th</sup> | 6:00 PM

GUEST SPEAKER:  
Kelly O'Shea Carney, Board Certified Geropsychologist

LOCATION:  
Kortz Hall, Moravian Hall Square  
175 West North Street | Nazareth, PA

Reservations are required.

Register at 610.746.1000 or online at  
<https://morningstareventfull.corsizio.com/>



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## Early Stage Dementia Support Group

8 weekly sessions, beginning Monday, September 12th 2022  
6:00 pm - 7:30 pm  
Kortz Hall at Moravian Hall Square, 175 W. North St., Nazareth PA 18064



Are you living with Early Stage Dementia? You are not alone. This support group offers a unique support by bringing together people who are experiencing the same things, often at the same time. Share frustrations while learning valuable tips for living well with dementia. This support group benefits both individuals who have early onset dementia and the people who care about them. The group meets for 8 weeks, with a new topic being discussed each week. Our professional group facilitators are trained by the Alzheimer's Association. To register to attend, or for more information, call Pam Kieckor, 610.746.1120.



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[www.MORAVIAN.COM](http://www.MORAVIAN.COM)

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# Honoring a purpose...



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# Beginnings...



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# A Memory Café is NOT...

- ❖ A Facilitated Support Group
- ❖ A Drop-Off Respite Program
- ❖ A Marketing Opportunity



# A Memory Café IS...



Social Interaction & Support

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# Turning Vision into Reality

18 Months

Planning

Funding

Launching



OPEN

# July 2020

## COVID-19





# 4 GOALS

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1

# Combat Isolation



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# Safe Space for Socialization



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# 3

## Carefully Planned Activities & Events



Music, Art & Dance

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# Carefully Planned Activities & Events



Projects, Games & Cardio Drumming

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# Carefully Planned Activities & Events



Picnics, Parties & Celebrations

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# 3

## Carefully Planned Activities & Events



Outings for  
Recreation,  
Entertainment  
& Education

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# Connections & Resources



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# Seen – Heard – Valued



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# Vibrant Support Haven



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# Free from JUDGMENT & STIGMA

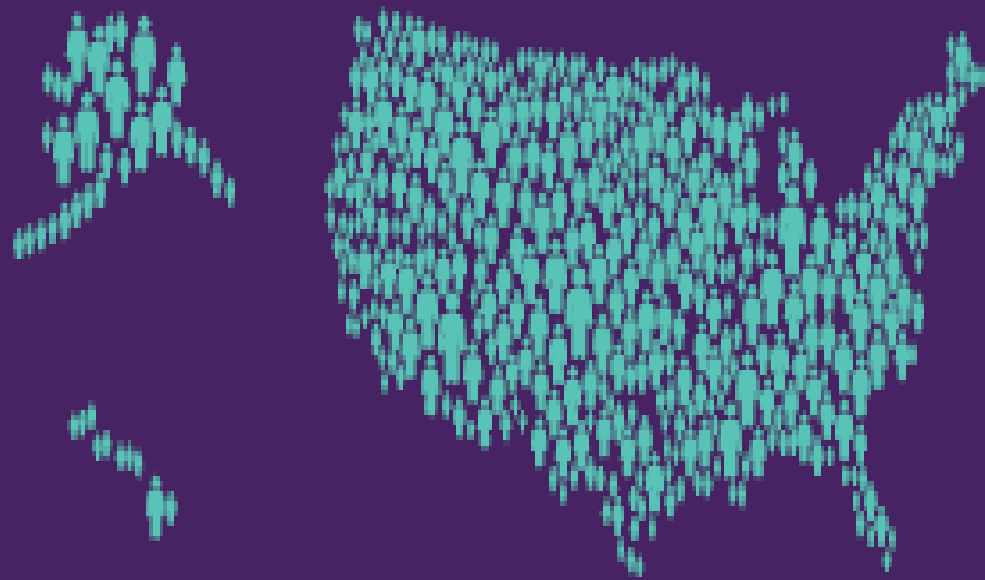


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# Here...there is COMMUNITY



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Over

**7 MILLION**

Americans are living with Alzheimer's



Over 55 million  
people worldwide



# Lehigh Valley, PA



**25,000 people**  
are living with  
Alzheimer's Disease  
& other related  
dementias...

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Raising *AWARENESS* About Dementia...



**Dementia-Friendly**

Lehigh Valley



# Formula for Success

Participants



Caregivers



Volunteers & Staff



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World-wide, more than 55 million people are living with Alzheimer's and other dementias.



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What can you do?

Visit the Dementia Friendly Lehigh Valley website.

Click on links to learn about dementia and the warning signs.

Consider watching the Dementia Friend videos on how to relate to those living with dementia.

If someone seems lost or confused, approach with kindness and help if you can.

Consider getting involved in a Memory Café program as a volunteer or program presenter.

Being a FRIEND matters.



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& M