



Bridges

memory loss support group

*a collaboration of Wesbury and
Meadville Medical Center*

Join us for “Bridges” a free support group offering monthly education and fellowship for caregivers of those with memory loss.

We explore relevant topics, share concerns, and review effective ways to respond to changes followed by refreshments.

Below is our 2024 schedule which is subject to change:

- January** 2024 Planning session and open discussion.
- February** The basic stages and behaviors of memory loss. Learn where you are in the disease process.
- March** Scenarios and skits to share strategies for challenging situations.
- April** How do I keep my loved one entertained?
- May** Finding patience and humor.
- June** Food and diet - a hands on session to learn ways to improve nutrition
- July** Who am I now and what happens when I can't do this anymore?
- August** What to plan for and what happens when they are no longer with me?
- September** Public event - Reminisce with local historian and photography collector, Doug Sekerski
- Oct. - Dec.** Follow a book or blog (book to be determined)

WHEN:

Every 3rd Wednesday of the month
from 2:30 pm - 4:00 pm.

WHERE:

Wesbury Cribbs Residential Center
Lingo Dining Room
31 N. Park Avenue
Meadville, PA 16335

DETAILS:

The facilitator is Danielle Schmidt
of Meadville Medical Center.

WHO SHOULD ATTEND:

Caregivers, friends, and family of
those with memory loss.

TO LEARN MORE OR RSVP?

Contact Melissa Porter at
814-332-9238 or via email at
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