Dementia care can be challenging, but you have LOCAL resources!

**Need help managing difficult behaviors**? Be sure to attend this FREE education program that will address some common concerns:

Understanding Alzheimer's Disease and Dementia **Friday, August 9 – 12:30–2:00 p.m.** Cattaraugus Co. Dept. of Aging, 1 Leo Moss Dr., Olean

Need a break? Every caregiver does and you are not alone. The Cattaraugus Co. Dept. of Aging has some temporary respite options that can provide you with some valuable 'time off'. Call them at (716) 373-8032.



## alzheimer's $\mathcal{R}$ association<sup>®</sup>

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