

# The Caregiver's Road.

Walking together through the challenges of Daily Caregiving and Memory Loss.

March 19, 2023

April 23, 2023

May 21, 2023

June 18, 2023

11:30AM-12:30PM

*Hosts:*

*Catherine Rabidis,  
CLTC*

*and*

*Andi Knoble, CADDCT,  
CDP, CALA*

## **March**

*An Overview of Brain health:  
Advocacy and Practical  
Advice*

## **April**

*Preventing Fraud and Scams:  
Common elements of today's  
scams and how to avoid them*

## **May**

*How do I plan for an  
extended care need?  
LTC Insurance/ Self Pay  
options*

## **June**

*The Use of Essential Oils &  
the Benefits of Aromatherapy in  
Memory;  
Diminishing anxious moments*