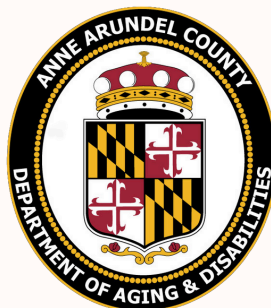




ANNE ARUNDEL COUNTY  
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# CAREGIVER WORKSHOPS

## Winter/Spring 2026



*When we are no longer able to change a situation, we are challenged to change ourselves.*

~Victor Frankl

410-222-4257  
www.aacounty.org/aging  
caregiver\_support@aacounty.org

Dementia research has continued to make progress toward developing effective prevention and treatment options that can benefit all of us.

Recent advances in drug development, behavioral and lifestyle interventions, and new diagnostic procedures are just a few examples of the progress researchers have made in understanding, treating, and ultimately preventing these devastating diseases.

Thursday, January 29, 2026; 1pm  
 Linthicum Library  
 400 Shipley Road, Linthicum Heights

## I Can Do It All. No, You Can't.

*Mary Chaput, Colleen Ireland, Anne Kaiser  
Department of Aging & Disabilities Staff*

In the early stages of caregiving, it's easy to go into superhero mode insisting "I've got this. I can do it all." But it's important to keep in mind that caregiving can last for many years. Even the strongest caregivers with the best intentions eventually need assistance. Let's talk about why it is so hard to ask for help and discuss how small steps in sharing tasks can help both you and your loved one maintain the best quality of life possible.

Thursday, February 19, 2026; 6pm  
Severna Park Library  
45 West McKinsey Rd, Severna Park

If Anne Arundel County Public Schools are closed or close early due to inclement weather, the workshop will be cancelled.

**Managing Money:  
A Caregiver's Guide to Finances**  
*Alzheimer's Association of  
Greater Maryland*

This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning, and teaches them how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.

Tuesday, March 10, 2026; 1pm  
Crofton Library  
1681 Riedel Road, Crofton

**Understanding Family Dynamics**  
*Jennifer Sapp, LCSW-C*

As caregivers, navigating family dynamics and establishing appropriate 'roles' can be challenging. Effective communication, collaboration, and empathy are crucial for navigating these dynamics and ensuring everyone's needs are met.

Wednesday, March 18, 2026; 6pm  
Severna Park Library  
45 West McKinsey Road, Severna Park

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*Pre-registration is requested for all workshops so that we have adequate seating and materials.*

*Register on-line under  
"Upcoming Events" at  
[www.aacounty.org/aging](http://www.aacounty.org/aging)  
or call 410-222-4375 for assistance.*

*Anyone needing accommodations must  
contact Mary Chaput at  
410-222-4339 or by e-mail at  
[agchap01@aacounty.org](mailto:agchap01@aacounty.org)  
at least seven days in  
advance of the event.  
TTY users, please call via Maryland Relay  
7-1-1.*

**Finding the Right Assisted Living Facility**  
*Ryan Shupp, Director, Assisted Living Program*

Before a crisis occurs, it is important to know what your options are if you or a loved one need to transition to an assisted living setting. Join us as Ryan presents information and tips on choosing the right assisted living setting along with the financial considerations to consider.

Tuesday, April 7, 2026; 2pm  
Odenton Library  
1325 Annapolis Road, Odenton

**Mechanics of Caregiving**  
*Ben Ogundipe, PT, DPT*

Learn how to help your loved one with the activities of daily living without jeopardizing your own health as Ben demonstrates injury prevention strategies related to caregiving duties.

Wednesday, April 15, 2026; 6pm  
Michael E. Busch/annapolis Library  
1410 West Street, Annapolis

**The Dementia Live Experience**  
*Dept. of Aging & Disabilities Staff*

This workshop is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change. Space is limited at each session

Wednesday, Mar. 25, 2026; 6 pm  
and  
Wednesday, May 6, 2026; 6 pm

Glen Burnie/Hein Office  
7320 Ritchie Highway.

Pre-registration by phone is required for  
this workshop  
410-222-4375/4339.

**End of Life Care and Decisions**

*Tammy Turner, Founder & President of the  
Board of Directors of Care Prepared  
Michelle Henderson, Manager, Community  
Partnerships, Hospice of the Chesapeake*

In the first part of this evening's workshop, Ms. Turner will discuss how creating an advanced healthcare plan can empower individuals to take charge of their future healthcare and improve their quality of life. She will also discuss the similarities and differences between a Maryland Advance Directive form and the Maryland Order for Life Sustaining Treatment (MOLST) form. This is an important discussion for family caregivers as well as for all of us as we decide how we want to live out our lives. During the second half of this workshop, Ms. Henderson will share the role that hospice care can play in supporting families during the final stages of life. Understanding the comprehensive nature of hospice can inform better planning and ease the emotional burdens often associated during this time.

Thursday, May 7, 2026; 6pm  
Edgewater Library  
25 Stepneys Lane, Edgewater

**Taking Care of You**

*Andrea Peckuitas, MSN, RN, Assistant,  
Professor at AACC*

"If your compassion does not include yourself, it is incomplete" (Buddha). While caregiving, the tasks that strain us physically, mentally, and emotionally can make it difficult to recognize that we need our own care. It has already been a busy year. Make time to nurture yourself at this important session.

Tuesday, June 23, 2026; 6pm  
Odenton Library  
1325 Annapolis Road, Odenton