

**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
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 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.

Monday, June 15, 2026; 6pm (Revised Date)
Odenton Library
1325 Annapolis Road, Odenton