



# The Dementia Concept Three Informative Seminars

Sponsored by The Residence at Salem Woods  
Winter Education Series

**Attend one or all three sessions!**

**Ingram Senior Center • 1 Sally Sweets Way • Salem, NH 03079 • 12:00-1:30pm**

**DECEMBER 10<sup>TH</sup> – UNDERSTAND**

You will learn the signs, symptoms, and stages of dementia. This session provides an overview of the ways that those with dementia can maintain a vital connection to the world around them.

**Southern NH University • 25 Pelham Rd • Salem, NH 03079 • 5:30 - 7:00pm**

**JANUARY 7<sup>TH</sup> – CONNECT**

You will learn the core principles of connecting to individuals with dementia. Mindful interaction, conversation facilitation, creation of a routine, and the use of music as medicine can have profound impacts. Learn about examples of the successfulness of these methods.

**FEBRUARY 11<sup>TH</sup> – ENGAGE**

You will learn to apply The Dementia Concept principles to even more specific events and interactions, and create a schedule to optimize each day. These holistic approaches to care have been repeatedly shown to benefit both individuals with dementia and the people who care for them.

## Author Josh Freitas—The Dementia Concept

Three informative sessions discussing the facets of dementia and the practical ways that we can improve the quality of life of those with dementia. Each participant will receive a signed copy of Josh Freitas' book "*The Dementia Concept*".

Joshua J. Freitas is an award-winning memory care program developer, researcher, and author. His cutting-edge training philosophy is pushing the dementia care industry forward with the mantra: understand, connect, and engage. Freitas holds five certifications related to dementia care and has studied at some of the world's most renowned colleges and universities including Berklee College of Music, Harvard University, and Lesley University. He is dedicated to improving dementia care.



**RSVP to Brittany Talbot or  
Ashley Haseltine at:**

**603-890-0580**

**6 Sally Sweets Way • Salem, NH 03079  
www.residencesalemwoods.com**

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RESIDENCE**  
*at Salem Woods*

Independent & Assisted Living | Reflections Memory Care