

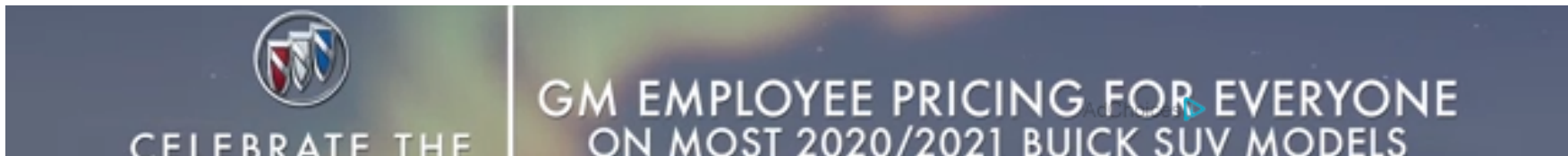
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HEALTH

Certified practitioner talks about ways dementia patients, caretakers can manage stress this holiday season

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The advertisement banner features the Buick logo on the left, which consists of three shields in a circle. Below the logo, the text "CELEBRATE THE" is partially visible. To the right of the logo, the text "GM EMPLOYEE PRICING FOR EVERYONE" is displayed in large, white, uppercase letters. Below this, the text "ON MOST 2020/2021 BUICK SUV MODELS" is also in white, uppercase letters. A small play button icon is visible over the text.



on most Buick SUV models.

by: **WTNH.com Staff**

Posted: Dec 3, 2020 / 12:52 PM EST / Updated: Dec 3, 2020 / 12:52 PM EST

(WTNH) — The holidays can be stressful for everyone but it could feel even more stressful this year because of the pandemic.

Patty O'Brian, a certified dementia practitioner for Hartford HealthCare Center for Healthy Aging, joined News 8 to talk more about helpful hints for the holidays.

Some caregivers ask whether their loved one with dementia should even bother celebrating the holidays or just lay low; O'Brian encourages celebrating the holidays and suggests finding ways to modify the festivities for their

There is also a class Hartford HealthCare is offering to provide hints for having a happy holiday. The virtual class will be held on Tuesday, Dec. 8 from 6 p.m. to 7 p.m.

To register, call 855-HCC-HERE or [click here](#).

Watch the video above for more.

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by JOE McDONALD, Associated Press / Dec 7, 2020

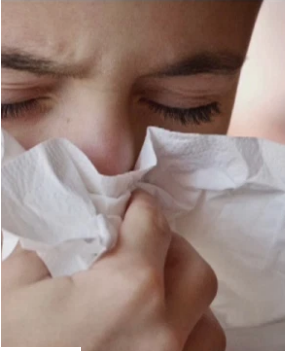
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by Shaynah Ferreira / Dec 7, 2020


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Ledge Light Health District offering free drive-thru flu shot clinics in New London County

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ultimate sacrifice with virtual ceremony

start as state's positivity rate continues to rise

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Mostly Clear
Precip: 0%

Times of sun and clouds
Precip: 0%

Radar /
Satellite



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