



House of Good Shepherd to host two programs dealing with Dementia.

By [Warren Reporter](#)

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Many people in our community recognize how dementia can affect individuals and families.

The House of the Good Shepherd Retirement Community in Hackettstown has two programs to address the care and support of those individuals dealing with this life changing condition.

The first of these programs will be an ongoing Dementia Support Group to be held on the second and fourth Wednesday of each month, beginning with Wednesday, April 23.

These meetings will be run by Darlene Tranquilli, a Certified Alzheimer's Disease and Dementia Care Manager, Trainer, and Unit Manager through the National Council of Certified Dementia Practitioners. She has been running Dementia Caregiver Support Groups for 6 years now. The purpose of these meetings will be to -

- Share challenges related to caregiver stress and utilize stress reduction techniques
- Receive a fundamental education on dementia and dementia care
- Learn how to enhance the quality of life of their loved one and themselves
- Form a creative and supportive network.

These support meetings will take place from 10:30 a.m. to 12:30 p.m. in the lower level Lodge at The House of the Good Shepherd, 798 Willow Grove St., Hackettstown.

The second program is a one day event called Dementia Care at Home to be held on Wednesday, April 30, at 1 p.m. Dementia Care at Home will feature a guest speaker, Sue Bardello, who will cover topics for caregivers including:

- What is Dementia? (Symptoms, Stages)

- Taking Care of a Loved One (Team approach, Strategy, Safety, Long term planning)
- Can Dementia be Prevented or Delayed? (Exercise, Activities, Diet)
- Q&A

This program will also take place in the Lodge on the lower level at the House of the Good Shepherd.

For more information, or to register for either of these two programs, contact Christine Garofalo, Sales & Admissions Director at 908-684-5722.



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