



**HALE HAU'OLI  
HAWAII**

**FREE VIRTUAL WORKSHOP**

**“DEMENTIA IN THE FAMILY: CARE OPTIONS AND RESOURCES”**

*Two series of four presentations, 1 - 1.5 hour each held on Zoom beginning at 9:00am*

*To register go to [www.halehauolihiawaii.org](http://www.halehauolihiawaii.org) and click on Events, or call 808-798-8706 for more information.*

***SERIES I***

**September 19 – Dr. Poki`i Balaz  
“Brain Health and Dementia”**

**September 26 – Rick Tabor  
“Caregiver Wellness Strategies; Well-being Basics”**

**October 3 – Margaret A. Perkinson, PhD  
“Developing Family Caregiver – Home Care Worker Partnerships”**

**October 10 – Dr. Warren Wong  
“Creating Happiness in the Life of a Person Living with Dementia”**

***SERIES II***

**November 7 – Dr. Poki`i Balaz  
“Dealing with Dementia During the Holidays”**

**November 14 – Cynthia Arnold  
“Decluttering for the Holidays”**

**November 21 – Derrick Ariyoshi and Joel Nakamura  
“Elderly Affairs Division – Resources and Programs Supporting Kupuna and Caregivers”**

**November 28 – Rick Tabor  
“A Holiday Survival Kit: A Reality Check on Mindfulness”**

These workshops are made possible with generous support from the City and County of Honolulu, the May Templeton Hopper Fund and the Theodor A. Vierra Fund from the Hawai'i Community Foundation, AARP, The Alzheimer's Association, and The Caregiver Foundation.

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