

How do we navigate our “new normal”?

A Caregiver Seminar for Young Adults

Monday, November 13, 2017

6 p.m. – 8 p.m.



24 Kulick Road
Fairfield, NJ 07004



Are you sitting there wondering “What Happened?” and “How did I get here?” I bet you’ve noticed by now that life is unpredictable and ever-changing.

What we once considered our normal day-to-day life has changed. What happened to my routine? Everything is upside down and backwards. We’re now essentially parenting our parents – this can’t be normal, can it? How can we as young adults suddenly caring for our parents not just survive, but thrive in this new landscape?

Speakers

Alzheimer’s 101

Heather Roman, MSW, LCSW
Programs and Services Coordinator
Alzheimer’s New Jersey

Taking the Legal Fight to Alzheimer’s

Adam D. Rubin, Esq. and
Jason Alguram, Esq.
Levine, Furman, Rubin & Alguram, LLC

Join us for casual conversation and cold craft beer as we hear from professionals who will provide young caregivers with practical information about how to cope with the unique challenges of caring for someone with Alzheimer’s disease or other dementias.

*Light Snacks will be provided by
Mt. Arlington Senior Living*

The seminar is free, but **registration is required**. Please register as soon as possible by calling Alzheimer’s New Jersey at **1-888-280-6055** or online via **alznj.org®**.