

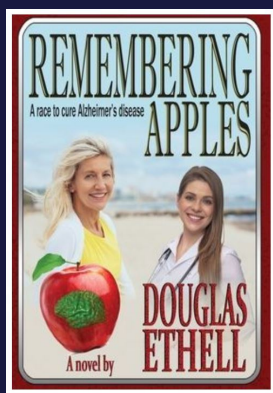
# CONNECTIONS CARE PARTNER SUPPORT GROUP

## EDUCATIONAL RESOURCES & VIRTUAL SUPPORT CONTENT

### HELLO DIMENSIONS CARE PARTNERS!

*We hope everyone is doing well and staying healthy! Please take some time to look through our most recent recommendations for educational resources and virtual support content for care partners of persons with dementia.*

**“CARING FOR OTHERS IS IMPORTANT, BUT IF COVID-19 HAS TAUGHT US ANYTHING, IT IS THAT BY CARING FOR YOURSELF, YOU ARE CARING FOR OTHERS, TOO.”**  
-BECCA KAYE



REMEMBERING  
APPLES: A RACE  
TO CURE  
ALZHEIMER'S  
DISEASE  
BY DOUGLAS ETHELL

*Remembering Apples is a medical thriller about two women who unravel the mystery of Alzheimer's disease to save loved ones.*

Available at Barns & Noble

LOOKING AFTER YOURSELF  
WHILE CAREGIVING:  
3 THINGS YOU NEED TO KNOW  
(BEING PATIENT, 2021)

*Psychologist Dale Atkins discusses dementia caregiving and finding time for oneself, building a network of support, and navigating the complex emotions of caregiving..*

<http://bit.ly/2N0th07>

### CARE PARTNER SUPPORT TIP: SAYING I'M SORRY

*When supporting someone living with dementia, words don't matter as much as how you make someone FEEL. Sometimes all we can do is say "I'm sorry". Watch as Teepa demonstrates authentic apologies for different circumstances..*

<https://bit.ly/3jD110Q>

### DEMENTIA CARE PARTNER TALK SHOW PODCAST

*This is the Dementia Care Partner Talk Show, a podcast to help you navigate the senior care maze. Learn and laugh with us as we discuss creative solutions and ideas to common and uncommon dementia care challenges, and how to make sense of the senior care industry and options when you're not a professional.*

<http://bit.ly/3af6NkV>