

# Announcing Zoom Dementia Series Workshop: for Caregivers, Friends, Providers and Advocates of Persons Living with Mild Cognitive Impairment or Dementia



**Michelle Barclay** received her Master's degree in Lifespan Developmental Psychology with a specialization in Gerontology from Louisiana State University. She has over 25 years of experience working with people with dementia and their care partners as a researcher, consultant, educator, and program planner. Her areas of expertise include timely detection, early intervention and improving health care quality for people with dementia. For nearly 20 years, Michelle developed and directed programs at the Alzheimer's Association California Southland and Minnesota-North Dakota chapters. In 2015-16, she served as the Executive Co-Lead of ACT on Alzheimer's, an award-winning, volunteer-driven statewide collaborative preparing Minnesota for the impacts of Alzheimer's disease. Michelle is the recipient of an Atlantic Philanthropies and Hartford Foundation Practice Change Leaders Award for Aging and Health. She is also a certified yoga instructor with advanced training in Mindfulness-Based Dementia Care. Michelle is currently the President and Co-Founder of The Barclay Group, LLC, which provides aging and dementia-related program planning, training and independent consulting to organizations, individuals and families. In her free time, she enjoys travel adventures with her husband, walking and biking on beautiful Twin Cities trails, movies, dining out with friends, yoga, meditation and reading a really good book.

## Caring with Presence

**A Mindful Approach to Caring for Someone Living with Dementia**

**Wednesday, January 25, 2023, 10-11:30am**

When we ask people caring for someone with dementia what qualities they would like to cultivate as a care partner, patience and calm are common responses. But, how do we cultivate these qualities? How can we care with presence, with patience, with calm? In this presentation, we'll explore mindfulness as a skill and practice that helps care partners better cope with the stresses that caring brings, as well as notice and take pleasure in the moments of joy that also arise.

- Understand mindfulness and its benefits for dementia care partners
- Learn ways to bring awareness, connection, love and compassion into daily life
- Discover mindful habits that can lower stress and enhance well-being for the care partner and the person living with dementia
- Practice new skills that you can continue to use at home

**Advance Registration is required at this link:**

**<https://www.eventbrite.com/e/caring-with-presence-mindful-approach-caring-for-someone-with-memory-loss-tickets-490816193447>**

**The Zoom link & handouts will be sent to registrants before the session.**  
**Sorry, no CEs or certificates are available for this presentation.**

For questions about the workshops please contact:  
Jody Mishan, (808) 295-2624 or [jmishan@hawaii.rr.com](mailto:jmishan@hawaii.rr.com)

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