



# Introducing Caregiver Connect at The Kensington Falls Church

— A Monthly Gathering for Caregivers —  
with Aging & Dementia Expert Anya Parpura, MD, PhD

June 7, July 12 & August 2, 2017 ♦ 6:30-8:00pm ♦ Light refreshments served ♦ **RSVP**

**A**t The Kensington, a longtime provider of best-in-class memory care, our residents are precious to us. We seek to make their lives as pleasant and meaningful as possible by offering care programs that are clinically comprehensive, highly personalized and tender.

YOU, as a caregiver, matter to us just as much. We understand that caregiving for someone with dementia is a demanding responsibility. We also believe it is one you should not undertake alone. That's why we strive to preserve your well-being by helping you stay positive, manage fatigue and make the most of moments as your loved one's memory changes.

Let The Kensington be your trusted resource for information and the comforting ally you need and deserve. Join us to share time connecting with other caregivers and discussing common challenges as we partner with experts on the first Wednesday



of each month. Guest facilitators will offer information, advice and support in a welcoming, private setting. Topics to be covered include: How to Visit; Accepting Loss; and Enjoying the Remaining Strengths of Your Loved One. Aleksandra (Anya) Parpura, MD, PhD, an expert in aging and dementia, will lead our Caregiver Connect program. Dr. Parpura is the president of Aging Perspectives, Inc., the Scientific Review Officer with CSRA International, an adjunct professor at The Catholic University of America, and a faculty member at the Washington School of Psychiatry. Dr. Parpura brings to us vast knowledge, helpful tips and a kind heart.

**Be sure to reserve the first Wednesday of each month. Join us at our community, located at 700 West Broad Street. RSVP by calling 703-992-9868.**

**Now Open**



**THE KENSINGTON**  
*An Assisted Living Community*

FALLS CHURCH



703.992.9868 | 700 West Broad St, Falls Church, VA 22046 | [www.TheKensingtonFallsChurch.com](http://www.TheKensingtonFallsChurch.com)