



Discover Your Spiritual Gifts Workshop

Sunday, March 22

12 noon – 3:30 pm

**God has given you a gift!
Come discover what it is and
how God asks you to use it!**

Led by Pastor Kathleen Puntar

**Email Church Office to register
At newsong.surpriseaz@gmail.com
or sign up in the back of the church
so we have enough materials.**

Lunch included

ALZHEIMER'S ASSOCIATION®

Empowered Caregiver Series

March 20 & 27, 2026

IN PERSON | 10:00 a.m. - 12:30 p.m. MST

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

Topics include:

- ◇ “Building Foundations of Caregiving” -- The role of caregiver and changes they may experience, building a support team and managing caregiver stress. 3/20
- ◇ “Supporting Independence”—How to help the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. 3/20
- ◇ “Communicating Effectively”—How dementia affects communication, including tips for communicating well with family, friends and health care professionals. 3/20
- ◇ “Responding to Dementia-Related Behaviors”—Looking at common behavior changes and how they are form of communication, non-medical approaches to behaviors and recognizing when additional help is needed. 3/27
- ◇ “Exploring Care & Support Services”—How best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care. 3/27

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