

Various aspects of Alzheimer's subject of talks

The October El Dorado County aging and care-giving series will focus on Alzheimer's.

All talks are free. They are from 1-3pm at Lake Tahoe Resort Hotel in South Lake Tahoe.

Topics include:

- Oct. 16: Speakers from the Alzheimer's Association will discuss about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help people incorporate these recommendations into a plan for healthy aging.

- Oct. 23: Candace Stewart, author of "Welcome to Planet Alzheimer's," will discuss how to successfully communicate with the person in your life who has Alzheimer's disease or a related dementia.

- Oct. 30: Volunteers and staff from the sheriff's department will discuss in-home safety for Alzheimer's patients, emergency evacuation planning for caregivers and what to do when a dementia patient goes missing.

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