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Keystone Caregiver Support Group

September 10, 12:30

Professions trained in dementia care and other caregivers will give you tools to help you manage your caregiving journey. Targeted topics will include Hospice, Elder Law, Assisted Living, Long Term Care Decisions and More!

Facilitator: Phyllis Spangler
First United Methodist Church
1350 Oak Ridge Turnpike
Oak Ridge, TN 27830
Room 202

For more information,
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Keynotes

KEYSTONE ADULT DAY PROGRAM
PARTNERS IN DEMENTIA CARE

September 2026

Free
Caring and Coping
Workshop
October 8, 2026
Register through
Alzheimer's Tennessee

Keystone is closed

September 7
and
October 8 and 9



Keystone Artists





Caregiver Tips: Cool It

Ideas for helping those with dementia stay safe in the heat.

- Be alert and aware of the fact that those living with cognitive impairment may not be able to communicate discomfort related to temperature changes.
- Avoid direct sun. Remain indoors between 11 am and 4 pm, and when outside stay in the shade, on a covered porch or under an umbrella.
- Drink plenty of fluids (water and non-caffeinated beverages). Older adults are more likely to be dehydrated, and as their skin thins, they lose the ability to perspire and cool off.
- Monitor medications. Some medications prescribed for the treatment of dementia and other chronic health conditions can affect the body's ability to regulate temperature.

STAY COOL

9th Annual Carry the Stone

A fundraiser
to benefit
scholarships

Keystone Adult Day
Program
September 22, 2026



How Can You Help?

- Donate online at www.keystonetn.org
- Mail donation to Keystone
- Bring your donation to Keystone office



Donations

Anne Leitnaker
Tammy Marlow
Rachel Reagan
Lucretia Pack
Debbie Shepherd
Cara Weigel
Ted Willgrubs

Wish List

Breakfast Bars
Jello Cups
Modge-podge
Large Paper Clips
Disinfectant Wipes

THANK YOU