

**Are You a Family Member Caring  
for Someone with Alzheimer's  
or Another Form Memory Loss?**

RIVERSTONE OFFERS A **FREE** SUPPORT  
GROUP TO FAMILY MEMBERS OF PEOPLE

WITH MEMORY LOSS

**Support Groups:**

- Instill hope
- Make you feel less lonely, isolated or  
judged
- Reduce distress, depression, anxiety or  
fatigue

**Dates and Times:**

**August 2019:**

Thursday, August 08<sup>th</sup> @ 12:30PM  
Thursday, August 22<sup>nd</sup> @ 12:30PM  
Saturday, August 17<sup>th</sup> @ 11:30AM

**September 2019:**

Thursday, September 12<sup>th</sup> @ 12:30PM  
Thursday, September 26<sup>th</sup> @ 12:30PM  
Saturday, September 21<sup>st</sup> @ 11:30AM

**Location: Riverstone Senior Life Services/Memory  
Center, 1<sup>st</sup> Floor**

**Address: 99 Fort Washington Ave, corner of 164<sup>th</sup> street  
New York, NY 10032**

**FOR MORE INFORMATION, CALL Kayla Perdomo  
212-927-5600, x 148 OR EMAIL AT:**

[kperdomo@riverstonenyc.org](mailto:kperdomo@riverstonenyc.org)

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**When Confronting a  
Major Life Change,  
Knowing That You Are  
Not Alone Is Important**

