

AEGIS MARYMOOR AND AEGIS REDMOND PRESENTS

# Understanding Dementia

Join us as we welcome guest speaker Nicole Amico Kane, dementia specialist and senior care expert.

What's normal brain aging and what's not? Many of us worry we are developing dementia when these cognitive changes are, in fact, only minor and within the bounds of normal aging. It's also not unusual to hear the terms dementia and Alzheimer's used interchangeably, though they are not synonymous. In our session Understanding Dementia, guest speaker Nicole Amico Kane will help attendees gain a better understanding of brain changes as we age, dementia, and its various types. Nicole will also cover:

- What is normal aging and what is not
- Causes of dementia
- Signs and Symptoms
- Planning considerations after a diagnosis
- Support resources

**Event Location: Sno-Valley  
Senior Center**  
4610 Stephens Ave,  
Carnation, WA 98014



**NICOLE AMICO KANE, MSW, LICSW, CMC,  
DIRECTOR OF CARE MANAGEMENT | AGING WISDOM**

Nicole brings two decades of experience to her work as a care manager. She meets with new clients and facilitates consultations with those seeking guidance on how best to navigate health and memory changes. Additionally, Nicole provides supervision to the care management team.

MONDAY, DECEMBER

9th

1:00 - 2:00 pm

FREE IN-PERSON EVENT

RSVP

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