

# Watch Parties



Participants gather in person to watch  
High-quality educational webinars



## LIVE WEBINARS

**Tuesday, April 7, 12 - 1pm**

VOS Activity Center

**Supporting Independence & Dignity: Managing Self-Care in Dementia** | Hollie Lowe, MA, LPC, NCC- Live Webinar

Dementia is a progressive brain disease that can change a person's ability to manage everyday self-care tasks such as dressing, eating, bathing, and toileting. These changes are not a choice or a lack of effort. They are the result of changes in the brain. Join us to better understand the "why" behind these shifts and learn practical, compassionate strategies that help a person living with dementia maintain their highest level of independence and dignity.

**Tuesday, April 7, 1 - 2pm**

VOS Activity Center

**The Dying Process and Meaningful Ritual** | Live Webinar Zinnia TV - With Jennifer Martin, MA, NBC- HWC.

Every person's dying process is unique, yet there are common rhythms and physical changes that can help caregivers understand what to expect. This session offers a gentle overview of the biological and emotional aspects of the dying process, along with practical ways to support a loved one as death approaches. We'll explore simple, compassionate actions that can offer comfort during this time. The session will also look beyond the moment of death toward the creation of meaningful rituals, ceremonies, and legacy projects that honor the life of the person you love and support your own healing.sustainable.

**Wednesday, April 15, 1 - 2pm**

Holz Pavilion Theater

**Building Your Brain Buffer** | Alzheimer's Disease Research Center - Prerecorded Presentation

Based on 2025 research, Dr. Nathaniel Chin, a geriatrician and medical director at the Wisconsin Alzheimer's Disease Research Center, discusses building a "brain buffer" which is a proactive approach to enhancing cognitive resilience against aging and neurodegenerative diseases. This "buffer" is synonymous with cognitive reserve, which refers to the brain's ability to maintain function despite damage or pathology, such as that caused by Alzheimer's disease.dementia.

### CONTACT

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