



Oh My Gosh – Now What?

There's no diagnosis like an Alzheimer's or Dementia diagnosis.

More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis.

Examine the questions and discover the answers in this **six-part in-person workshop series** for families and individuals beginning their journey.

**Sponsored by Pierce County
Aging and Disability Resources**



**Gig Harbor Senior Center at
Peninsula Lutheran Church**

6509 38th Avenue
Gig Harbor, WA 98335



**Wednesdays from
12:30 pm – 1:30 pm**

No RSVP needed to attend.



October 1, 2025

Dementia Basics:
What is happening to us?



October 8, 2025

Disease Progression:
What should we expect?



October 15, 2025

Shock and Grief:
How do we express our worries?



October 22, 2025

Mood and Behaviors:
How do we adapt to these changes?



October 29, 2025

Legal and Financial Issues:
How do we prepare?



November 5, 2025

Resources:
Where can we turn for help?



Call the **Pierce County Aging and Disability Resource Center** | **253-798-4600**

“Oh My Gosh – Now What?” series provides guidance to caregivers

Adults typically keep an eye out for changes in behavior or memory loss in their parents. Older adults worry about remembering names, appointments, directions – even what they had for breakfast this morning. Even though such concerns may not mean someone has Alzheimer’s or dementia, it is wise to be aware.

The numbers are staggering. Almost 7 million Americans are living with Alzheimer’s today. In 30 years, that number is expected to rise to 14 million. But when a family member is diagnosed, that one person becomes the most important individual in the world for that family.

“About 500,000 more Americans are diagnosed with dementia every year,” said Aaron Van Valkenburg, manager of Pierce County Aging and Disability Resources. “Most family caregivers are unprepared to manage the daily challenges that take place in supporting someone suffering with dementia. Learning how to provide proper care for your family member, while maintaining care for yourself, are necessary components to managing such a difficult situation.”

Pierce County Aging and Disability Resources hosts a new series of the popular “Oh My Gosh – Now What?” seminar beginning Wednesday, October 1, 2025. The 6-part series of discussions is designed for individuals with Alzheimer’s disease or another dementia, families, caregivers, and others focusing on the initial journey of memory loss. Attendees will learn the warning signs and symptoms, managing behaviors, the disease progress, legal concerns, financial issues, and local resources. All sessions are held live and in-person from 12:30 pm – 1:30 pm at the Gig Harbor Senior Center located at Peninsula Lutheran Church: 6509 38th Avenue, Gig Harbor, WA 98335.

Sessions are **free and open to all** with no RSVP needed to attend.

- October 1st – “What is Dementia? What are the warning signs?”
- October 8th – “How does the disease progress? What should I expect?”
- October 15th – “How do I start the conversation? How do I cope with the shock?”
- October 22nd – “What are the typical moods and behaviors? How do I manage them?”
- October 29th – “How do I pay for care? What are the legal things I should do?”
- November 5th – “Where can I turn for help? What are the resources I can rely on?”

Sessions are led by Jessica Girard and Kris Dowling, expert case managers with Aging and Disability Resources, who specialize in providing practical help to individuals and families coping with memory loss.

“Oh My Gosh – Now What?” is sponsored by the Pierce County Aging and Disability Resource Center. For more information, call the Aging and Disability Resource Center at (253) 798-4600.

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