



Has someone you love been diagnosed with dementia?

Learn tips and techniques to help your loved one from the team at *CountryHouse*.

Please join us!

The 2nd Wednesday of select months | 10:30 a.m.

As a caregiver, family member or friend of someone facing memory loss, you know how tough and isolating the experience can be, especially if you are their main caregiver. While no book or training can fully prepare you for the experience, together, we'll learn strategies, offer advice and support each other in our journey.

Hosted by CountryHouse and facilitated by Kristina Blocker, you can expect:

- Helpful resources and tips.
- A supportive environment to share concerns.
- Opportunities to ask for advice.

Refreshment will be provided. Participants are encouraged to bring their loved one with dementia. The CountryHouse staff will lead them in an activity during the support group.

Please call or email Marisa to RSVP for the in person group.

(916) 899-6565 | MPayne@countryhouse.net



8485 Barton Road, Granite Bay, CA 95746 | CountryHouse.net | RCFE #312700033

2025

- Wednesday, May 14
- Wednesday, Aug 13
- Wednesday, Sept 10
- Wednesday, Oct 8
- Wednesday, Nov 12



Kristina Blocker

President & Founder, Silver Pathways

Kristina Blocker, President and Founder of Silver Pathways, is dedicated to supporting families through every step of the senior care journey. A lifelong Northern Californian and former clinical care consultant, Kristina offers compassionate, expert guidance on senior care throughout Placer County. Her work began with a deep passion for helping those living with dementia and has grown into an agency focused on keeping families whole while managing the care of aging loved ones.

Certified by Residential Care for the Elderly, the Society of Certified Senior Advisors, and the National Association of Professional Gerontologists, Kristina also serves on the Board of Directors for the County of Placer's Older Adult Advisory Commission. She provides trusted support in areas such as assisted living, memory care, home care, care planning, family consultations, and caregiver education.