



READY, SET, *holiday!*

CELEBRATE GIVING TUESDAY WITH US!

[Facebook.com/InsightMCC](https://www.facebook.com/InsightMCC)

Live at 10:00 am | **Getting Ready at Sterling**
Insight's New Space!

Take a tour of our new Loudoun Early Stage Center with Executive Director, Anita Irvin. Get a sneak peek before programs start up, and learn more about what will be happening at our new Sterling location!

Live at 12:00 pm | **Getting Ready for Caregiving**
What to Watch for with Aging Parents

You've just visited family for Thanksgiving – should I be concerned about mom? Join us for a panel discussion with Chantelle DiLorenzo, The Geller Law Group; David Posner, Homecare.com; and Lindsey Vajpeyi, Insight Memory Care Center, as we discuss warning signs, early conversations to have, and steps to take if you notice signs of memory loss in a loved one.

Live at 2:00 pm | **Getting Ready for the Ride**
Preparing for the Caregiving Journey

Caregiving can be an emotional rollercoaster, but if you're prepared for the journey, you can better enjoy the ride. Join Insight Memory Care Center as we share resources to help you learn more about the diagnosis, and educate family and friends along the way.

Live at 4:00 pm | **Getting Ready for the Holidays**
Making the Season Enjoyable

When a loved one is living with memory impairment, the holiday season can look a little different – but it doesn't have to be less joyful! Join us for a panel discussion with Anita Irvin, Insight Memory Care Center; Pam Reynolds, Atlas Law; and Heather Suri, Pathways in Aging, as we discuss tips and considerations to make the holidays enjoyable for everyone.

GIVING TUESDAY

November 30th

WATCH LIVE

Each session will be held live on Facebook on Tuesday, Nov 30th.

Ask your questions in the comments for us to answer! If you can't make it live, email your questions to Lindsey.Vajpeyi@insightmcc.org - we'll still answer and you can watch later!

Recordings will be posted on Facebook, YouTube, and LinkedIn after the live events.

GIVE TODAY!

Giving Tuesday is a global day of giving, celebrating all gifts.

We have a \$5000 match today!

Your gift ensures more families get the care, education, and support needed right from the beginning of the journey. Give online on Nov 30 and it will all be counted towards to \$5,000 match! You can make a gift at [InsightMCC.org/donate](https://www.insightmcc.org/donate).