Tammy has 24 years of experience working with people living with dementia, their families, caregivers, and healthcare professionals. Tammy is personally familiar with Alzheimer’s as her maternal grandmother lived with the disease for years. It was a firsthand experience on how this affected her family members. She holds a master’s degree in Counseling Psychology. Tammy is certified as an Alzheimer’s Disease and Dementia Care Trainer; First Responder Dementia Trainer; and Dementia Practitioner. She was the founder of Pleasantries Adult Day Services, LLC in Marlborough, MA, a memory care adult day program. She established the first Memory Café in Massachusetts in 2011, Create A Better Day Café. Tammy is the founder of the specialized dementia training and consulting business Alternatives in Alzheimer’s Care. As a Dementia Specialist, Tammy continues to plant seeds for compassionate and competent care throughout New England and beyond.

Don’t miss this HEALTHY YOU educational series—RSVP Today!