

## Education Calendar

11/19/2018

### November 2018

#### Healthy Living for Your Brain and Body: Tips from the Latest Research

For info or to register contact:  
phone: 800-272-3900 or email:

November 20, 2018 6:00 pm - 7:00 pm  
Mount Alverna Village  
6765 State Road, Parma, OH 44134,

***For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age.***

***Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.***

#### Caring for the Caregiver

For info or to register contact:  
phone: 440-387-5578 or email:

November 27, 2018 1:00 pm - 2:00 pm  
O'Neill North Ridgeville  
38600 Center Ridge Road, North Ridgeville, OH 44039,

***Providing care for someone with dementia can be overwhelming, and it can be easy to neglect your own well-being. Maintaining your own good health is important to your success as a caregiver. Join us for tips on how to care for yourself and your loved one.***

#### Effective Communication Strategies

For info or to register contact:  
phone: 440-284-9000 or email:

November 28, 2018 3:00 pm - 4:00 pm  
Wesleyan Village  
807 West Avenue, Elyria, OH 44035,

***Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.***

### December 2018

#### Legal and Financial Issues - Planning for the Future

For info or to register contact:  
phone: 800-272-3900 or email:

December 04, 2018 5:30 pm - 6:30 pm  
Royal Oak  
6973 Pearl Road, Middleburg Heights, OH 44130,

***This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law.***

#### Legal and Financial Issues - Planning for the Future

For info or to register contact:  
phone: 440-580-3275 or email:

December 05, 2018 12:00 pm - 1:00 pm  
Ehrnfelt Senior Center  
18100 Royalton Road, Strongsville, OH 44136,

***This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law.***

#### Effective Communication Strategies

For info or to register contact:  
phone: 800-272-3900 or email:

December 05, 2018 3:00 pm - 4:00 pm  
Independence Village  
345 Lear Road, Avon Lake, OH 44012,

***Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.***

**Healthy Living for Your Brain and Body: Tips from the Latest Research** For info or to register contact:  
phone: **216-839-6685** or email:

December 06, 2018 11:00 am - 12:00 pm  
Menorah Park - Center for Brain Health  
27100 Cedar Road, Beachwood OH 44122,

***For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.***

**Understanding Alzheimer's and Dementia** For info or to register contact:  
phone: **800-272-3900** or email:

December 07, 2018 11:00 am - 12:00 pm  
Mandell JCC Lunch Plus Program  
1500 Warrensville Center Road, Cleveland Heights, OH 44121,

***Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.***

**10 Warning Signs of Alzheimer's** For info or to register contact:  
phone: **800-272-3900** or email:

December 13, 2018 12:00 pm - 1:00 pm  
Rocky River Gardens Rehabilitation & Nursing Center  
4102 Rocky River Drive, Cleveland, OH 44135,

***Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.***

**10 Warning Signs of Alzheimer's** For info or to register contact:  
phone: **800-272-3900** or email:

December 18, 2018 6:00 pm - 7:00 pm  
Mount Alverna Village  
6765 State Road, Parma, OH 44134,

***Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.***

## January 2019

**Understanding Alzheimer's and Dementia** For info or to register contact:  
phone: **800-272-3900** or email:

January 10, 2019 6:00 pm - 7:00 pm  
Brooklyn Pointe  
4800 Idlewood Drive, Brooklyn, OH 44144,

***Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.***

**Healthy Living for Your Brain and Body: Tips from the Latest Research** For info or to register contact:  
phone: **800-272-3900** or email:

January 14, 2019 6:00 pm - 7:00 pm  
Brooklyn Pointe  
4800 Idlewood Drive, Brooklyn, OH 44144,

***For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.***

**Understanding Alzheimer's and Dementia** For info or to register contact:  
phone: **800-272-3900** or email:

January 15, 2019 6:00 pm - 7:00 pm  
Moun Alverna Village  
6765 State Road, Parma, OH 44134,

***Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.***

**Living with Alzheimer's: One Person's Perspective**

For info or to register contact:  
phone: **800-272-3900** or email:

January 31, 2019 6:00 pm - 7:00 pm  
Danbury Senior Living  
9500 Broadview Road, Broadview Heights, OH 44147,

***Learn about Alzheimer's disease from a person who is living with it . . . You won't want to miss this inspiring program that will feature a person in the early stage of Alzheimer's disease who will share how one learns to live with Alzheimer's disease.***

**February 2019**

**Effective Communication Strategies**

For info or to register contact:  
phone: **800-272-3900** or email:

February 19, 2019 6:00 pm - 7:00 pm  
Mount Alverna Village  
6765 State Road, Parma, OH 44134,

***Communication is more than just talking and listening- it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you to connect and communicate at each stage of the disease.***

**Healthy Living for Your Brain and Body: Tips from the Latest Research**

For info or to register contact:  
phone: **800-272-3900** or email:

February 21, 2019 11:00 am - 12:00 pm  
Warrensville Heights Family YMCA  
4433 Northfield Road, Cleveland, OH 44128,

***For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.***

**March 2019**

**Understanding Dementia Related Behavior - CEU**

For info or to register contact:  
phone: **800-272-3900** or email:

March 19, 2019 6:00 pm - 7:00 pm  
Mount Alverna Village  
6765 State Road, Parma, OH 44134,

***Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. 1.0 Social Work CEU available.***

**Dementia Care Training**

For info or to register contact:  
phone: **800-272-3900** or email:

March 26, 2019 9:30 am - 3:30 pm  
Lake County Council on Aging  
8520 East Avenue, Mentor, OH 44060,

***Dementia Care Training is a FREE program for both family and professional caregivers who provide care to those with dementia-related diseases.***

***This program provides an overview of Alzheimer's disease and related disorders, teaches effective communication techniques, gives ideas on how to engage those with cognitive problems, and provides strategies for managing challenging behavior.***

***Four social work CEUs are available.***

***Please plan to bring a brown bag lunch.***

#### **April 2019**

##### **Living with Alzheimer's: One Person's Perspective**

For info or to register contact:  
phone: **800-272-3900** or email:

April 16, 2019 6:00 pm - 7:00 pm  
Mount Alverna Village  
6765 State Road, Parma, OH 44134,

***Learn about Alzheimer's disease from a person who is living with it . . . You won't want to miss this inspiring program that will feature a person in the early stage of Alzheimer's disease who will share how one learns to live with Alzheimer's disease.***

##### **Understanding Alzheimer's and Dementia**

For info or to register contact:  
phone: **800-272-3900** or email:

April 18, 2019 11:00 am - 12:00 pm  
Warrensville Heights Family YMCA  
4433 Northfield Road, Warrensville Heights, OH 44128,

***Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.***

#### **May 2019**

##### **Dementia Care Training**

For info or to register contact:  
phone: **800-272-3900** or email:

May 21, 2019 9:30 am - 3:30 pm  
Chardon Public Library  
110 E. Park Street, Chardon, OH 44024,

***Dementia Care Training is a FREE program for both family and professional caregivers who provide care to those with dementia-related diseases.***

***This program provides an overview of Alzheimer's disease and related disorders, teaches effective communication techniques, gives ideas on how to engage those with cognitive problems, and provides strategies for managing challenging behavior.***

***Four social work CEUs are available.***

***Please plan to bring a brown bag lunch.***

#### **June 2019**

##### **Dementia Care Training**

For info or to register contact:  
phone: **800-272-3900** or email:

June 18, 2019 9:30 am - 3:30 pm  
Alzheimer's Association  
23215 Commerce Park, Beachwood, OH 44122,

***Dementia Care Training is a FREE program for both family and professional caregivers who provide care to those with dementia-related diseases.***

***This program provides an overview of Alzheimer's disease and related disorders, teaches effective communication techniques, gives ideas on how to engage those with cognitive problems, and provides strategies for managing challenging behavior.***

***Four social work CEUs are available.***

***Please plan to bring a brown bag lunch.***