

## Education Calendar

1/4/2019

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.***

### Understanding Alzheimer's and Dementia

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

January 10, 2019 6:00 pm - 6:45 pm  
Heartland of Mentor  
8200 Mentor Hills Drive, Mentor, OH 44060,

***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.***

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

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

January 24, 2019 3:30 pm - 4:30 pm  
Cleveland Clinic Fairview Hospital Wellness  
3035 Wooster Road, Rocky River, OH 44116,

***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: **800-272-3900** or email:

January 29, 2019 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.***

### 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

### Understanding Alzheimer's and Dementia

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

February 04, 2019 3:00 pm - 4:00 pm  
St. Augustine Health Campus  
7801 Detroit Avenue, Cleveland, OH 44102,

***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:

February 06, 2019 10:00 am - 11:00 am  
Ehrnfelt Senior Center  
18100 Royalton Road, Strongsville, OH 44136,

***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.***

### 10 Warning Signs of Alzheimer's

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

February 09, 2019 10:00 am - 11:00 am  
Chardon United Methodist Church  
515 North Street, Chardon, OH 44024,

***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.***

### 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.***

### Understanding Alzheimer's and Dementia

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

February 26, 2019 7:00 pm - 8:00 pm  
Community Emergency Response Team  
5407 Turney Road, Garfield Heights, OH 44125,

***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.***

## March 2019

### Understanding Dementia Related Behavior

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

March 07, 2019 10:00 am - 11:00 am  
Ehrnfelt Senior Center  
18100 Royalton Road, Strongsville, OH 44136,

***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.***

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

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

March 13, 2019 12:00 pm - 1:00 pm  
Symphony at Olmsted Falls  
25880 Elm Street, Olmsted Falls, OH 44138,

***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 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.***

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

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

March 19, 2019 11:30 am - 1:00 pm  
Warrensville Heights Civic & Senior Center  
4567 Green Road, Warrensville Heights, 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.***

### 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

### Dementia Conversations

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

April 04, 2019 10:00 am - 11:00 am  
Ehrnfelt Senior Center  
18100 Royalton Road, Strongsville, OH 44136,

***When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.***

**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.***

**10 Warning Signs of Alzheimer's**

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

May 29, 2019 11:00 am - 12:00 pm  
Mandel JCC Lunch Plus Program  
1500 Warrensville Center Road, Cleveland Heights, OH 44118,

***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.***

**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.**

### **July 2019**

#### **Effective Communication Strategies**

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

July 11, 2019 2:00 pm - 3:00 pm

Maplewood at Chardon

12350 Bass Lake Road, Chardon, OH 44024,

***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 2019**

#### **Effective Communication Strategies**

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

December 18, 2019 11:00 am - 12:00 pm

Mandel JCC Lunch Plus Program

1500 Warrensville Center Road, Cleveland Heights, OH 44118,

***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.***