

Education Calendar 2019

Cuyahoga

Understanding Alzheimer's and Dementia

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

Online - <https://goo.gl/yknto1>

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

January 15, 2019 6:00 pm – 7:00 pm

Mount 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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

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.

Effective Communication Strategies

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

On-line - <https://goo.gl/yknto1>

January 27, 2019 1:30 pm – 2:30 pm

Church of God of Cleveland, 11100 Union Avenue, Cleveland, OH 44105

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.

Legal and Financial Issues – Planning for the Future

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

Online - <https://goo.gl/yknto1>

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.

Dementia Conversations

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

Online - <https://goo.gl/yknto1>

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.

Understanding Alzheimer's and Dementia

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

Online - <https://goo.gl/yknto1>

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

February 06, 2019 10:00 pm – 11:00 pm

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.

Effective Communication Strategies

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

Online - <https://goo.gl/yknto1>

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

February 21, 2019 11:00 pm – 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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

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.

Understanding Dementia Related Behavior

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

Online - <https://goo.gl/yknto1>

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

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 Alzheimer's and Dementia

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

Online - <https://goo.gl/yknto1>

March 14, 2019 12:30 pm – 1:30 pm

Lakeshore Rose Center for Aging Well, 16600 Lakeshore Blvd., Cleveland, OH 44110

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 Dementia Related Behavior - CEU

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

Online - <https://goo.gl/yknto1>

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

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.

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

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

Online - <https://goo.gl/yknto1>

March 21, 2019 10:30 am – 11:30 pm

Maple Heights Branch of Cuyahoga County Public Library, 5225 Library Lane, Maple Heights, OH 44137

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 Conversations

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

Online - <https://goo.gl/yknto1>

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.

10 Warning Signs of Alzheimer's

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

Online - <https://goo.gl/yknto1>

April 11, 2019 10:00 am – 11:00 am

Garfield Heights Senior Center, 5407 Turney Road, Garfield Heights, OH 44125

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.

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

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

Online - <https://goo.gl/yknto1>

April 15, 2019 2:30 pm – 3:30 pm

Royal Oak, 6973 Pearl Road, Middleburg Heights, OH 44130

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.

Living with Alzheimer's: One Person's Perspective

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

Online - <https://goo.gl/yknto1>

April 16, 2019 6:00 pm – 7:00 pm

Mount Alverna Village, 6755 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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

April 18, 2019 11:00 pm – 12:00 pm

Warrensville Heights Family YCMA, 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

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

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

Online - <https://goo.gl/yknto1>

May 14, 2019 10:00 am – 11:00 am

Garfield Heights Senior Center, 5407 Turney Road, Garfield Heights, OH 44125

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

May 23, 2019 10:00 am – 11:00 am

Ehrnfelt Senior Center, 18100 Royalton Road, Strongsville, OH 44136

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

May 28, 2019 12:30 pm – 1:30 pm

Lakeshore Rose Center for Aging Well, 16600 Lakeshore Blvd., Cleveland, OH 44110

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

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.

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

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

Online - <https://goo.gl/yknto1>

June 12, 2019 12:00 pm – 1:00 pm

Orange Senior Center, 32205 Chagrin Blvd., Pepper Pike, OH 44124

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

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**

Effective Communication Strategies

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

Online - <https://goo.gl/yknto1>

July 16, 2019 12:30 pm – 1:30 pm

Lakeshore Rose Center for Aging Well, 16600 Lakeshore Blvd., Cleveland, OH 44110

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.

10 Warning Signs of Alzheimer's

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

Online - <https://goo.gl/yknto1>

July 17, 2019 10:00 am – 11:00 am

Ehrnfelt Senior Center, 18100 Royalton Road, Strongsville, OH 44136

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.

Legal and Financial Issues – Planning for the Future

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

Online - <https://goo.gl/yknto1>

August 15, 2019 10:00 am – 11:00 am

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: phone **800-272-3900**

Online - <https://goo.gl/yknto1>

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.

Geauga

10 Warning Signs of Alzheimer's

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

Online - <https://goo.gl/yknto1>

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.

Dementia Care Training

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

Online - <https://goo.gl/yknto1>

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**

Effective Communication Strategies

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

Online - <https://goo.gl/yknto1>

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.

Lake

Understanding Alzheimer's and Dementia

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

Online - <https://goo.gl/yknto1>

January 10, 2019 6:00 pm – 6:45 pm

Heartland of Mentor, 8200 Mentor Hills, 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.

10 Warning Signs of Alzheimer's

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

Online - <https://goo.gl/yknto1>

March 20, 2019 10:00 am – 11:00 am

Willoughby Senior Center, 38032 Brown Avenue, Willoughby, OH 44094

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.

Dementia Care Training

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

Online - <https://goo.gl/yknto1>

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.
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10 Warning Signs of Alzheimer's

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Online - <https://goo.gl/yknto1>

April 8, 2019 6:00 pm – 7:30 pm

Tapestry Senior Living Wickliffe, 28500 Euclid Avenue, Wickliffe, OH 44091

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.

Dementia Conversations

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

Online - <https://goo.gl/yknto1>

April 17, 2019 10:00 am – 11:00 am

Willoughby Senior Center, 38032 Brown Avenue, Willoughby, OH 44094

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.

Effective Communication Strategies - CEU

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

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May 8, 2019 6:00 pm – 7:00 pm

Tapestry Senior Living Wickliffe, 28500 Euclid Avenue, Wickliffe, OH 44091

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May 15, 2019 10:00 am – 11:00 am

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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.

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