

Education Calendar 2019 - 2020

January

Dementia Conversations

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

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

January 15, 2020 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

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.

February

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.

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.

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.

Effective Communication Strategies

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

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

February 28, 2019 5:30 pm – 7:00 pm

Brookdale Willoughby, 35300 Kaiser Ct., Willoughby, OH 44094

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.

March

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.

Effective Communication Strategies

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

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

March 7, 2019 6:00 pm – 7:00 pm

Vista Springs Quail Highlands, 7960 Auburn Road, Concord Township, OH 44077

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>

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.

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.

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 am

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 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.
Please plan to bring a brown bag lunch**

10 Warning Signs of Alzheimer's

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

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

March 28, 2019 11:00 am – 12:00 pm

Fairview Park Senior Center

20769 Lorain Road, Cleveland, OH 44126

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>

March 18, 2020 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

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.

April

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.

Effective Communication Strategies

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

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

April 8, 2019 6:30 pm – 7:30 pm

Brookdale Senior Living, 28550 Westlake Village Drive, Westlake, OH 44145

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>

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.

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.

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.

10 Warning Signs of Alzheimer's

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

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

April 17, 2019 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

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.

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

Understanding Dementia Related Behavior

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

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

April 24, 2019 6:00 pm – 7:00 pm

Vista Springs Quail Highlands, 7960 Auburn Road, Concord Township, OH 44077

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.

May

Effective Communication Strategies - CEU

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

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

May 8, 2019 6:00 pm – 7:00 pm

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

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>

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.

Dementia Conversations

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

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

May 15, 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.

Dementia Conversations

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

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

May 15, 2019 6:30 pm – 7:30 pm

Rae Ann, 28303 Detroit Road, Westlake, OH 44145

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.

Understanding Alzheimer's and Dementia

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

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

May 16, 2019 7:00 pm – 8:00 pm

Warrensville Heights Library, 4415 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.

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

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.

Effective Communication Strategies - CEU

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

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

May 23, 2019 7:00 pm – 8:00 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.

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 23, 2019 11:30 am – 12:30 pm

Westshore Family YMCA, 1575 Columbia Road, Westlake, OH 44145

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: 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.

Understanding Dementia Related Behavior - CEU

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

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

May 30, 2019 7:00 pm – 8:00 pm

Warrensville Heights Library, 4415 Northfield Road, Warrensville Heights, OH 44128

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.

Living with Alzheimer's: One Person's Perspective

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

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

May 20, 2020 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

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.

June

Legal and Financial Issues – Planning for the Future

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

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

June 6, 2019 6:00 pm – 7:00 pm

Warrensville Heights Library, 4415 Northfield Road, Warrensville Heights, OH 44128

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.

Understanding Dementia Related Behavior

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

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

June 10, 2019 6:30 pm – 7:30 pm

Brookdale Senior Living, 28550 Westlake Village Drive, Westlake, OH 44145

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>

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**

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 19, 2019 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

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>

June 25, 2019 12:00 pm – 1:00 pm

Fairhill Partners, 12200 Fairhill Road, Cleveland, OH 44120

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.

July

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.

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.

10 Warning Signs of Alzheimer's

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

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

July 18, 2019 6:00 pm – 7:00 pm

Vista Springs Quail Highlands, 7960 Auburn Road, Concord Township, OH 44077

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.

August

Understanding Dementia Related Behavior

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

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

August 12, 2019 6:30 pm – 7:30 pm

Brookdale Senior Living, 28550 Westlake Village Drive, Westlake, OH 44145

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.

Legal and Financial Issues – Planning for the Future

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

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

August 21, 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>

August 21, 2019 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

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.

September

10 Warning Signs of Alzheimer's

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

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

September 3, 2019 12:00 pm – 1:00 pm

Fairhill Partners, 12200 Fairhill Road, Cleveland, OH 44120

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.

October

Understanding Dementia Related Behavior

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

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

October 16, 2019 6:00 pm – 7:00 pm

Atria Newell Creek, 7900 Center Street, Mentor, OH 44060

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.

November

Understanding Alzheimer's and Dementia

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

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

November 12, 2019 12:00 pm – 1:00 pm

Fairhill Partners, 12200 Fairhill Road, Cleveland, OH 44120

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.

December

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.

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