

Education Calendar 2019 - 2020

October 2019

Understanding Dementia Related Behavior

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

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

October 10, 2019 10:00 am – 11:00 am

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

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.

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.

Understanding Dementia Related Behavior

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October 17, 2019 6:00 pm – 7:00 pm

Jennings at Notre Dame Village, 10950 Pine Grove Trail, Chardon, OH 44024

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.

Understanding Alzheimer's and Dementia

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

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

October 21, 2019 12:00 pm – 1:00 pm

Metro Health Main Campus, 2500 Metro Health Drive, Cleveland, OH 44109

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>

October 23, 2019 5:30 pm – 7:00 pm

Eagle Pointe Skilled Nursing and Rehab, 87 Staley Road, Orwell, OH 44076

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: phone **800-272-3900**

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

October 29, 2019 6:30 pm – 7:30 pm

Mentor Public Library, 8215 Mentor Avenue, 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.

Effective Communication Strategies

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

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

October 30, 2019 5:00 pm – 6:00 pm

Avalon Adult Day Center, 2770 Som Center Road, 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.

November 2019

Understanding Alzheimer's and Dementia

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

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

November 9, 2019 11:00 am – 11:30 am

Cleveland Public Library – Union Branch, 3463 E. 93rd Street, Cleveland, OH 44104

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: phone **800-272-3900**

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

November 10, 2019 1:00 pm – 2:00 pm

St. Mark's Presbyterian Church, 22111 Chagrin Blvd., Beachwood, OH 44122

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: 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.

Understanding Dementia Related Behavior

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

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

November 12, 2019 4:00 pm – 5:30 pm

Forest Hills Place, 3151 Mayfield Road, Cleveland Heights, OH 44118

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.

Dementia Care Training

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

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

November 18, 2019 9:30 am – 3:30 pm

Cleveland Heights Senior Center, 1 Monticello Blvd., Cleveland Heights, OH 44118

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

December 2019

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>

December 3, 2019 2:00 pm – 3:00 pm

Cuyahoga County Public Library - Beachwood Branch, 25501 Shaker Blvd., 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.

Effective Communication Strategies

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

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

December 17, 2019 12:30 pm – 1:30 pm

Symphony at Olmsted Falls, 25880 Elm Street, Olmsted Falls, OH 44138

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.

January 2020

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 9, 2020 7:00 pm – 8:00 pm

Cuyahoga County Public Library – North Olmsted, 27403 Lorain Road, North Olmsted, OH 44070

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>

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.

Dementia Care Training

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

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

January 21, 2020 9:30 am – 3:30 pm

Solon Community Center, 35000 Portz Pkwy, Solon, OH 44139

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>

January 29, 2020 6:00 pm – 7:00 pm

Danbury Senior Living, 9500 Broadview Road, Broadview Heights, OH 44147

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.

February 2020

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 12, 2020 10:00 am – 11:00 am

Cuyahoga County Public Library – Southeast Branch, 70 Columbus Street, Bedford, OH 44146

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>

February 20, 2020 7:00 pm – 8:00 pm

Cuyahoga County Public Library – Parma Heights Branch, 6206 Pearl Road, Parma 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.

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 25, 2020 2:00 pm – 3:00 pm

Cuyahoga County Public Library – Solon Branch, 34125 Portz Pkwy., Solon, OH 44139

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, 2020 6:00 pm – 7:00 pm

Danbury Senior Living, 9500 Broadview Road, Broadview Heights, OH 44147

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 2020

Understanding Alzheimer's and Dementia

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

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

March 10, 2020 6:00 pm – 7:00 pm

Mt. Alverna, 6265 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>

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 2020

Effective Communication Strategies

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

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

April 7, 2020 6:00 pm – 7:00 pm

Mt. Alverna, 6265 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.

May 2020

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.