

## Education Calendar 2019 - 2020

### October 2019

#### 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.**

#### Effective Communication Strategies

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

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

**October 23, 2019 6:00 pm – 7:00 pm**

Diplomat Healthcare, 9001 W 130<sup>th</sup> Street, North Royalton, OH 44133

**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>

**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. 93<sup>rd</sup> 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**

**10 Warning Signs of Alzheimer's**

For info or to register: phone **800-272-3900**  
Online - <https://goo.gl/yknto1>

**November 26, 2019 9:30 am – 10:30 am**

Murtis Taylor, 13411 Union Avenue, 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.**

**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.**

**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 5, 2019 5:30 pm – 7:00 pm**

The Greens, 1555 Brainard Road, Lyndhurst, 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.**

**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 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

### **10 Warning Signs of Alzheimer's**

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

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

**February 5, 2020 1:00 pm – 2:00 pm**

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.**

**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.**

**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.**

**Understanding Dementia Related Behavior**

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

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

**April 27, 2020 1:00 pm – 2:00 pm**

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.***