

Education Calendar 2019 - 2020

December 2019

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.

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December 17, 2019 5:30 pm – 7:00 pm

Vista Springs Quail Highlands, 7960 Auburn Road, Concord Twp., 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.

January 2020

Understanding Alzheimer's and Dementia

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

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

January 8, 2020 4:00 pm – 5:00 pm

Solon Pointe Skilled Nursing & Rehabilitation, 5625 Emerald Ridge Pkwy, Solon, OH 44139

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

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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.

Understanding Alzheimer's and Dementia

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

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

January 15, 2020 6:00 pm – 7:00 pm

Up Side of Downs, 6533-B Brecksville Road, Independence, OH 44131

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.

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January 16, 2020 6:00 pm – 7:00 pm

The Inn at the Pines, 18122 Claridon Troy Road, Hiram, OH 44232

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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

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January 23, 2020 6:00 pm – 7:00 pm

Jennings at Notre Dame Village, 10950 Pine Grove Trail, 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.

10 Warning Signs of Alzheimer's

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January 28, 2020 6:00 pm – 7:00 pm

Henderson Memorial Library, 54 E Jefferson, Ashtabula, OH 44047

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

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January 29, 2020 11:00 am – 12:00 pm

Mandel JCC Lunch Plus Program, 1500 Warrensville Ctr. Rd., Cleveland Heights, OH 44118

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

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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.

Understanding Alzheimer's and Dementia

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February 7, 2019 10:00 am – 11:00 am

Rocky River Public Library, 1600 Hampton Road, Rocky River, OH 44116

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February 8, 2020 10:00 am – 11:30 am

Chardon United Methodist Church, 515 North Street, Chardon, OH 44024

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

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February 12, 2020 10:00 am – 11:00 am

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

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10 Warning Signs of Alzheimer's

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

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

February 18, 2020 11:30 am – 12:00 pm

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

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

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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

Understanding Dementia Related Behavior

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

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

April 6, 2020 6:00 pm – 7:00 pm

Up Side of Downs, 6533-B Brecksville Road, Independence, OH 44131

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>

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.

May 2020

Effective Communication Strategies

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

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

May 20, 2020 6:00 pm – 7:00 pm

Upside of Downs, 6533-B Brecksville Road, Independence, OH 44131

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.