

Education Calendar

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.

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 16, 2020 7:00 pm – 8:00 pm

Cuyahoga County Public Library Middleburg Heights Branch, 16699 Bagley 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.

Understanding Alzheimer's and Dementia

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March 19, 2020 6:00 pm – 7:00 pm

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

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

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

March 25, 2020 6:00 pm – 7:00 pm

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

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>

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.

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, 2020 1:45 pm – 2:30 pm

Lin Omni Center, 3167 Fulton Road, Cleveland, OH 44109

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

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

April 16, 2020 5:00 pm – 6:00 pm

Symphony at Mentor, 8155 Mentor Hills Drive, 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.

Understanding Alzheimer's and Dementia

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

April 21, 2020 4:30 pm – 5:30 pm

Tapestry Senior Living Wickliffe, 28500 Euclid Avenue, Wickliffe, OH 44092

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

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April 22, 2020 11:00 am – 12:00 pm

Mount St. Joseph Rehab Center, 21800 Chardon Road, Euclid, OH 44117

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April 27, 2020 1:00 pm – 2:00 pm

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

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May 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>

May 6, 2020 1:45 pm – 2:30 pm

Lin Omni Center, 3167 Fulton Road, Cleveland, OH 44109

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>

May 6, 2020 6:00 pm – 7:00 pm

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

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 20, 2020 1:45 pm – 2:30 pm

Lin Omni Center, 3167 Fulton Road, Cleveland, OH 44109

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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>

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.

June 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>

June 2, 2020 1:00 pm – 2:00 pm

Geauga West Public Library, 13455 Chillicothe Road, Chesterland, OH 44026

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>

June 11, 2020 6:15 pm – 7:00 pm

Governor's Village, 280 N Commons Blvd., Mayfield, OH 44143

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 16, 2020 11:30 am – 12:30 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.

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 17, 2020 4:30 pm – 5:30 pm

Tapestry Senior Living Wickliffe, 28500 Euclid Avenue, Wickliffe, OH 44092

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

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June 26, 2020 2:00 pm – 3:00 pm

Sanctuary of Geneva, 200 Commerce Place, Geneva, OH 44041

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.

July 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>

July 8, 2020 6:00 pm – 7:00 pm

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

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.

September 2020

Understanding Dementia Related Behavior

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

September 15, 2020 11:30 pm – 12:30 pm

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

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.

December 2020

Dementia Conversations

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

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

December 15, 2020 11:30 am – 12:30 pm

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

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.