

# 2010 Lunch & Learn Programs



<u>February 5</u>	<u>March 5</u>	<u>April 7</u>	<u>May 7</u>
Michelle Bourgeois PhD, CCC-SLP <b>Memory Strategies with Written &amp; Visual Cues</b>  Worthington UMC	John Thorndike author of <b>The Last of His Mind : A Year in the Shadow of Alzheimer's</b> (no CEUs available) Worthington UMC	Christopher J. Corner M.D. <b>The Care &amp; Management of Behavioral Disturbance in Dementia</b>  Carrie's Cafe	Mackenzie B. Pamer D.C <b>It is Possible to Reverse or Slow the Process of Aging &amp; Recover Physical &amp; Mental Strength</b>  Worthington UMC
<u>June 4</u>	<u>July 7</u>	<u>August 6</u>	<u>September 1</u>
Dr. Verna Carson <b>Communicating as an Alzheimer's Whisperer</b>  Worthington UMC	Judy Fasone RN, BSN <b>Taking Care of Ourselves As We Care for Others</b>  Carrie's Cafe	Kimberly Payne, PT, MSPT <b>Why is Exercise Important for People with Dementia &amp; their Caregivers?</b>  Worthington UMC	Michele Stokes MS, PhDc <b>Benefits of Adult Day Care for the Person with Memory Loss</b>  Carrie's Cafe
<u>October 1</u>	<u>November 5</u>	<u>December 1</u>	Sponsors Emeritus Senior Living Generations Freedom Homehealth Nurse Finders Wesley Glen, Wesley Ridge Westminster Thurber Sunrise Carriage Court Hilliard First Community
Anne Bare RN, BS <b>Pain Management for the Person with Memory Loss</b>  Worthington UMC	Pat Henderson LISW, RYT <b>Managing Stress using Yoga</b>  Worthington UMC	Marty Cameron OTR/L <b>Bringing Joy &amp; Safety to the Holidays</b>  Carrie's Cafe	

**Location:**  
**Worthington United  
 Methodist Church**  
 600 N. High Street  
 Worthington, OH 43085

**Carrie's Café**  
 670 Harmon Avenue  
 Columbus, OH 43223

**Time:**  
 Lunch served  
 11:30 a.m.  
 Programs begins 11:45  
 a.m.

**Cost:**  
**\$5.00** lunch, lecture &  
 respite  
**\$15.00** professionals  
 requiring CEUs

**Respite Available**

**To Register Call  
 (614) 457-6003 or  
 visit [www.alz.org/](http://www.alz.org/)  
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