



January 2021

Caregiver Resource and Wellness Series

1 Thursday, January 7, 2021

2-3 p.m.

REGISTER

10 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. Start the New Year off with this fun and interactive program to learn how your lifestyle can help you achieve maximum benefits for the brain and body.

2 Thursday, January 14, 2021

2-3 p.m.

REGISTER

Is it Alzheimer's or Just Signs of Aging?

Holiday visits can turn into alarming wake-up calls for many people when their parents are in their senior years. It may be hard to know the difference between age-related changes and the first signs of Alzheimer's disease. Join us to learn about the warning signs of dementia diseases, and the steps to take when you are concerned about your loved one.

3 Thursday, January 21, 2021

2-3 p.m.

REGISTER

Legal and Financial Planning for Individuals with Dementia

Financial and legal planning can be overwhelming and complicated when helping to navigate the future for someone with dementia. Please join the Alzheimer's Association, Patrick W. Lyons, CLTC, Insurance and Financial Advisor, and Julie J. Falter, Esq., MA.Ed. to learn the importance of planning, and the steps needed to put legal and financial matters in place.

4 Thursday, January 28, 2021

2-3 p.m.

REGISTER

Managing Caregiver Stress and Burnout

Alzheimer's caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you. Karen Elliott, Clinical Manager for the Alzheimer's Association Greater East Ohio Area Chapter, will join this program to provide practical suggestions on managing caregiver stress and reducing burnout, and discuss resources available for caregivers.

Questions?

Email: Samantha Sathre, ssathre@alz.org

Call: 24/7 Helpline 800.272.3900

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