

JOIN US IN JANUARY

COMMUNITY EDUCATION PROGRAMS

Presented by the Alzheimer's Association Cleveland Ohio Chapter



Effective Communication Strategies

Thursday, January 12

6:00 - 7:00 p.m.

Windsor Heights Assisted Living
Beachwood, OH 44122

Managing Money

Friday, January 20

11:30 - 12:30 p.m.

Madison Senior Center
Madison, OH 44057

Understanding Alzheimer's Disease

Friday, January 13

Noon - 1:00 p.m.

W. Geauga Senior Center
Chesterland, OH 44026

10 Warning Signs

Friday, January 27

Noon - 1:00 p.m.

W. Geauga Senior Center
Chesterland, OH 44026

Understanding Alzheimer's Disease

Thursday, January 19

7:00 p.m.

Cleveland Heights Coventry Library
Cleveland Heights, OH 44118

Healthy Living for Brain and Body

Friday, January 27

12:30 - 1:30 p.m.

Donna Smallwood Senior Center
Parma, OH 44129

TO REGISTER, PLEASE CALL 800.272.3900.

Program descriptions on back. Visit alz.org/eastohio to explore additional education programs in your area.

JOIN US IN PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association Cleveland Area Chapter

HEALTHY LIVING FOR YOUR BRAIN AND BODY

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 AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

10 WARNING SIGNS OF ALZHEIMER'S

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

DEMENTIA CONVERSATIONS

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

EFFECTIVE COMMUNICATION STRATEGIES

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

LIVING WITH ALZHEIMER'S: FOR PEOPLE WITH ALZHEIMER'S (3-PART WORKSHOP)

For individuals living with Alzheimer's: The diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are, and will learn what you need to know to navigate this chapter of your life.

LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - EARLY STAGE (3-PART WORKSHOP)

In the early stage of Alzheimer's disease, families face new questions as they adjust. This three-part program provides practical answers to the questions that arise in the early stage.

LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - MIDDLE STAGE (3-PART WORKSHOP)

In the middle stage of Alzheimer's disease, care partners now become hands-on caregivers. During this three-part series, caregivers will learn helpful strategies to enhance safety and communication, manage challenging behaviors, provide personal care, and prepare for emergencies.

LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - LATE-STAGE (2-PART WORKSHOP)

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this two-part series, caregivers learn about resources, monitoring care, and ways to engage in meaningful connections.



**TO REGISTER OR LEARN MORE,
PLEASE CALL 330.650.0552
OR 800.272.3900.**

Visit alz.org/eastohio to explore additional education programs in your area.