

Education Calendar

12/5/2017

December 2017

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

For info or to register contact:
phone: **216-839-6685** or email:

December 05, 2017 11:00 am - 12:00 pm
Menorah Park-Center for Braing Health
27100 Cedar Road, Beachwood, OH 44122,

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.

Legal and Financial Issues - Planning for the Future

For info or to register contact:
phone: **440-988-4415** or email:

December 05, 2017 5:30 pm - 6:30 pm
Amherst Manor
175 N Lake Street, Amherst, OH 44001,

This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law.

Living with Alzheimer's: One Person's Perspective

For info or to register contact:
phone: **440-269-8600** or email:

December 05, 2017 6:30 pm - 7:30 pm
Brookdale Willoughby
35300 Kaiser Court, Willoughby, OH 44094,

Learn about Alzheimer's disease from a person who is living with it . . . You won't want to miss this inspiring program that will feature a person in the early stage of Alzheimer's disease who will share how one learns to live with Alzheimer's disease.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **440-653-8460** or email:

December 06, 2017 12:30 pm - 1:30 pm
Rose Senior Living
33200 Health Campus Blvd., Avon, OH 44011,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

Caring for the Caregiver

For info or to register contact:
phone: **330-858-3086** or email:

December 06, 2017 11:30 pm - 12:30 pm
REM Ohio
225 Tuxedo Avenue, Brooklyn Heights, OH 44131,

Providing care for someone with dementia can be overwhelming, and it can be easy to neglect your own well-being. Maintaining your own good health is important to your success as a caregiver. Join us for tips on how to care for yourself and your loved one.

Easing the Stress of the Holidays

For info or to register contact:
phone: **440-580-3275** or email:

December 07, 2017 1:00 pm - 2:00 pm
Ehrnfelt Senior Center
18100 Royalton Road, Strongsville, OH 44136,

This program is designed to give caregivers helpful hints and tips that will be useful during the holiday season while caring for their loved one with dementia. How can my family dinner be less stressful? What might be an appropriate gift for my parent with dementia? How can everyone be included in the holiday preparations? These questions and more will be discussed.

Research & Alzheimer's disease; The Road to Better Treatments and a Cure

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

December 12, 2017 1:00 pm - 2:00 pm
Rose Center at Salvation Army
1507 Doan Avenue, Cleveland, OH 44112,

As the number of Americans with Alzheimer's disease is rapidly increasing, research plays a crucial role in understanding more about this disease. Come learn about how clinical trials work, what scientists already know about Alzheimer's disease, and where efforts are focused moving forward in the search for a cure.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **440-935-0574** or email:

December 13, 2017 12:00 pm - 1:00 pm

Kendal at Oberlin
46300 Butternut Ridge Road, Oberlin, OH 44074,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

Healthy Living for the Brain and Body in Spanish

For info or to register contact:
phone: **216-342-5591** or email:

December 14, 2017 6:30 pm

Elm Street Elementary School
585 Elm Street, Painesville, OH 44077,

Este programa está diseñado para brindar información práctica y basada en investigaciones para ayudarlo a envejecer bien. El programa está destinado a personas de cualquier edad que buscan información sobre cómo envejecer de la mejor manera posible. No está diseñado para personas con demencia o enfermedad de Alzheimer.

Easing the Stress of the Holidays

For info or to register contact:
phone: **440-840-8872** or email:

December 14, 2017 1:00 pm - 2:00 pm

Refreshments will be served.
Atria Newell Creek, 7900 Center Street, Mentor, OH 44060,

This program is designed to give caregivers helpful hints and tips that will be useful during the holiday season while caring for their loved one with dementia. How can my family dinner be less stressful? What might be an appropriate gift for my parent with dementia? How can everyone be included in the holiday preparations? These questions and more will be discussed.

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

For info or to register contact:
phone: **440-250-5460** or email:

December 18, 2017 7:00 pm - 8:00 pm

Westlake Porter Library
27333 Center Ridge Road, Westlake, OH 44145,

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.

January 2018

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

For info or to register contact:
phone: **440-832-6229** or email:

January 08, 2018 6:30 pm - 7:30 pm

Brookdale Senior Living
28550 Westlake Village Drive, Westlake, OH 44145,

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 contact:
phone: **440-840-8872** or email:

January 17, 2018 6:30 PM - 7:30 PM

Atria Newell Creek
7900 Center Street, Mentor, OH 44060, Refreshments will be served

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.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **440-887-1125** or email:

January 17, 2018 6:00 pm - 7:00 pm
Brookdale
15435 Bagley Road, Middleburg Heights, OH 44130,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

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

For info or to register contact:
phone: **440-356-0670** or email:

January 18, 2018 3:30 pm - 4:30 pm
Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River, OH 44116,

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.

Dementia Care Training

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

January 20, 2018 9:30 AM - 3:30 PM
Alzheimer's Association office
23215 Commerce Park, Ste 300, Beachwood, OH 44122,

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.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: or email:

January 21, 2018 12:00 pm - 1:00 pm
Grace Church
7393 Pearl Road, Middleburg Heights, OH 44130, No Registration
Required

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

Understanding Dementia Related Behavior

For info or to register contact:
phone: **440-580-3275** or email:

January 23, 2018 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.

Caring for the Caregiver

For info or to register contact:
phone: **440-596-3047** or email:

January 25, 2018 6:00 pm - 7:00 pm
Danbury Senior Living
9500 Broadview Road, Broadview Heights, OH 44147,

Providing care for someone with dementia can be overwhelming, and it can be easy to neglect your own well-being. Maintaining your own good health is important to your success as a caregiver. Join us for tips on how to care for yourself and your loved one.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

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

January 28, 2018 1:30 pm - 2:30 pm
Church of God of Cleveland
11100 Union Avenue, Cleveland, OH 44105,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **440-327-8326** or email:

January 30, 2018 6:00 pm - 7:00 pm
North Ridgeville Library
35700 Bainbridge Road, North Ridgeville, OH 44039,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

February 2018

Now What Was I Saying?

For info or to register contact:
phone: **440-580-3275** or email:

February 06, 2018 1:00 pm - 2:00 pm
Ehrnfelt Senior Center
18100 Royalton Road, Strongsville, OH 44136,

This interactive workshop will explain the basics of how the brain works, the primary principles of memory, some techniques to improve memory and things you can do for improving overall brain health.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **440-934-4743** or email:

February 06, 2018 6:00 pm - 7:00 pm
Avon Library
37485 Harvest Drive, Avon, OH 44011,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **440-832-6229** or email:

February 12, 2018 6:30 pm - 7:30 pm
Brookdale Senior Living
28550 Westlake Village Drive, Westlake, OH 44145,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **440-949-7410** or email:

February 19, 2018 6:00 pm - 7:00 pm
Domonkas Library
4125 E. Lake Road, Sheffield Lake, OH,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

Effective Communication Strategies

For info or to register contact:
phone: **440-653-8460** or email:

February 20, 2018 12:30 pm - 1:30 pm
Rose Senior Living
33200 Health Campus Blvd., Avon, OH 44011,

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.

Dementia Care Training

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

February 21, 2018 9:00 am - 3:00 pm
Cleveland Heights Community Center
1 Monticello Blvd, Cleveland Heights, OH 44118,

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.

Know the 10 Signs: Early Detection Matters

For info or to register contact:
phone: **440-596-3047** or email:

February 22, 2018 6:00 pm - 7:00 pm
Danbury Senior Living
9500 Broadview Road, Broadview Heights, OH 44147,

This workshop will stress the importance of early detection for Alzheimer's disease and other dementias. As 10 million baby boomers risk developing Alzheimer's, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible.

Understanding Dementia Related Behavior

For info or to register contact:
phone: **440-887-1125** or email:

February 28, 2018 6:00 pm - 7:00 pm
Brookdale
15435 Bagley Road, Middleburg Heights, OH 44130,

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.

March 2018

Research & Alzheimer's disease; The Road to Better Treatments and a Cure

For info or to register contact:
phone: **440-580-3275** or email:

March 01, 2018 1:00 pm - 2:00 pm
Ehrnfelt Senior Center
18100 Royalton Road, Strongsville, OH 44136,

As the number of Americans with Alzheimer's disease is rapidly increasing, research plays a crucial role in understanding more about this disease. Come learn about how clinical trials work, what scientists already know about Alzheimer's disease, and where efforts are focused moving forward in the search for a cure.

Basics about Alzheimer's in Spanish

For info or to register contact:
phone: **440-277-5672** or email:

March 06, 2018 6:00 pm - 7:00 pm
Lorain South Library
2121 Homewood Drive, Lorain, OH 44055,

This program provides information on memory issues and what it means for all of us. The presentation includes videos from professionals, individuals with memory loss and their caregivers, talking about real daily situations. Learn more about detection, causes and risk factors as well as treatment and caregiving. This program will be in Spanish.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **440-244-1192** or email:

March 06, 2018 1:00 pm - 2:00 pm
Lorain Public Library
351 W. 6th Street, Lorain, OH 44052,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

Know the 10 Signs: Early Detection Matters

For info or to register contact:
phone: **440-832-6229** or email:

March 12, 2018 6:30 pm - 7:30 pm
Brookdale Senior Living
28550 Westlake Village Drive, Westlake, OH 44145,

This workshop will stress the importance of early detection for Alzheimer's disease and other dementias. As 10 million baby boomers risk developing Alzheimer's, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **440-277-5672** or email:

March 13, 2018 6:00 pm - 7:00 pm
Lorain South Library
2121 Homewood Drive, Lorain, OH 44055,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

Know the 10 Signs: Early Detection Matters

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

March 14, 2018
Chardon Library
110 E Part Street, Chardon, OH 44024,

This workshop will stress the importance of early detection for Alzheimer's disease and other dementias. As 10 million baby boomers risk developing Alzheimer's, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible.

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

For info or to register contact:
phone: **440-324-9825** or email:

March 14, 2018 6:00 pm - 7:00 pm
Elyria Library West River Branch
1194 West River Road, Elyria, OH 44035,

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 contact:
phone: **440-840-8872** or email:

March 21, 2018 6:30 PM - 7:30 PM
Atria Newell Creek
7900 Center Street, Mentor, OH 44060, Refreshments will be served

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.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **216-216-5300** or email:

March 21, 2018 6:00 pm - 7:00 pm
Euclid Public Library
631 E. 222nd Street, Cleveland, OH 44123,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

Dementia Care Training

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

March 26, 2018 10:30 AM - 4:30 PM
Avon Public Library
37845 Harvest Ave., Avon, OH 44011

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.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

For info or to register contact:
phone: **216-941-8714** or email:

March 27, 2018 1:15 pm - 2:00 pm
Holy Cross Lutheran Church
4260 Rocky River Drive, Cleveland, OH 44135,

This program is designed to provide you with the basic information that everyone needs to know about memory loss, issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues.

April 2018

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

For info or to register contact:
phone: **440-580-3275** or email:

April 04, 2018 1:00 pm - 2:00 pm
18100 Royalton Road
, Strongsville, OH 44136,

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 Dementia Related Behavior

For info or to register contact:
phone: **440-840-8872** or email:

April 18, 2018 6:30 PM - 7:30 PM
Atria Newell Creek
7900 Center Street, Mentor, OH 44060, Refreshments will be

served., ***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.***

Dementia Care Training

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

April 25, 2018 9:00 AM - 3:00 PM
Lake County Council on Aging
8520 East Avenue, Mentor, OH 44060

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.

June 2018

Research & Alzheimer's disease; The Road to Better Treatments and a Cure

For info or to register contact:
phone: **440-840-8872** or email:

June 20, 2018 6:30 PM - 7:30 PM
Atria Newell Creek

7900 Center Street, Mentor, OH 44060, Refreshments will be served.,

As the number of Americans with Alzheimer's disease is rapidly increasing, research plays a crucial role in understanding more about this disease. Come learn about how clinical trials work, what scientists already know about Alzheimer's disease, and where efforts are focused moving forward in the search for a cure.