

## Early-Stage Program Guide: Summer Sessions

The Alzheimer's Association Oregon & SW Washington Chapter is excited to offer a variety of programs for individuals in the early stages of Alzheimer's disease or other dementias, including those with mild cognitive impairment. If you have questions about the programs or would like to register, please call **800-272-3900**.

### artNOW

Join the Alzheimer's Association at the Portland Art Museum for a series of relaxing and creative gallery tours and art-making classes for individuals living with dementia and their care partners. By combining discussion-based gallery tours of the museum's collection with art-making activities, artNOW encourages experimentation with a wide range of materials. This program is free, but space is limited, and reservations are required.



#### Portland Art Museum

June 10, 17, 24, & July 1st from 12:45 to 3:15 p.m.

### Early-Stage Support Group

The Alzheimer's Association's early-stage support groups are designed to provide emotional, educational and social support for caregivers and people in the early stage of Alzheimer's disease or other dementias through regularly scheduled meetings. These groups help participants develop coping methods and encourage caregivers to maintain their personal, physical and emotional health.



#### Alzheimer's Association Portland Office:

1650 NW Naito Parkway, Portland, OR 97209

**(Tuesdays)** May 28, June 4, 11, 18, 25, July 2  
from 1:30 to 3 p.m.

**(Wednesdays)** May 29, June 5, 12, 19, 26, July 3  
from 10:30 a.m. to 12 p.m.

#### Vancouver Trinity Lutheran Church:

Second Monday of the month from 1-3 p.m.

309 W. 39th St., Vancouver, WA 98660

#### Milwaukie Senior Center:

Fourth Thursday of the month from 2-3:30 p.m.

5440 SE Kellogg Creek Drive, Milwaukie, OR 97222

#### Tigard Senior Center:

**(Fri.)** May 31, June 7, 14, 21, 28 from 1 to 2:30 p.m.

8815 SW Omara St., Portland, OR 97223

For more information or to register, call

## Memories in the Making

Memories in the Making® (MIM) is a fine-arts program specifically designed for people in the early stages of Alzheimer's disease, other dementias, and mild cognitive impairment. MIM provides a creative and nonverbal way to communicate and capture precious moments through art. The creative process and the stories that evolve from MIM are as important and meaningful as the artwork itself. No art experience is necessary.



### Alzheimer's Association Portland Office

11 am—12:30 p.m.

(Thurs.) June 6, 13, 20, 27, July 11, 18

(Fri.) June 7, 14, 21, 28, July 12, 19

### Home Matters Caregiving

10:00 am—11:30 p.m.

(Fri.) June 7, 14, 21, 28, July 12, 19

4875 SW Franklin Ave., Beaverton, OR 97005

## Sing Here Now

Sing Here Now is a community choir that provides an opportunity for people in the early stages of Alzheimer's disease, as well as their care partners, to enjoy music and socialize with others. Although the focus of the choir is social interaction, participants also benefit from the wellness benefits of singing, such as reduced stress and improved mood. No musical experience necessary.



*Photo courtesy of Sale Communications and*

### Portland & Beaverton Choirs

(Tues.) May 7, 14, 21, 28; June 4, 11, 18, 25

### Alzheimer's Association Portland Office

11:30 a.m.—1 p.m.

1650 NW Naito Parkway, Suite 190

Portland, OR 97209

### Southminster Presbyterian Church

1:30—3 p.m.

12250 SW Denney Road

Beaverton, OR 97008

### Combined Concert:

June 27, 6:30-7:30pm, Location TBD

### Vancouver Choir

(Thurs.) July 11, 18, 25, Aug. 1, 8

### Mannahouse Church, 10 a.m-12:30 p.m

14313 Mill Plain Blvd.,

Vancouver, WA 98683

### Vancouver Concert:

August 15, 11 a.m-12:30 at Mannahouse Church