

## HICKORY PLACE ASSISTED LIVING

LOCATION: 717 ALAMO RD. | LEVELLAND, TX | 79336

DATE | TIME: 3rd. Tuesday of Each Month at 6:00 p.m.

### KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

This program will help you understand of the difference between age-related memory loss and Alzheimer's and what to do if you or someone you know has signs of the disease.

**Dates: June 19th.**

### **NEW** UNDERSTANDING ALZHEIMER'S AND DEMENTIA

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, treatment and stages of the disease.

**Date: July 17th.**

### HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

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.

**Date: August 21st.**

### DEMENTIA CONVERSATIONS: DRIVING, DOCTOR VISITS, LEGAL & FINANCIAL PLANNING

This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

**Date: September 18th.**

### EFFECTIVE COMMUNICATION STRATEGIES

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**Date: October 16th.**

### UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIOR

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.

**Date: November 20th.**

## SAVE THE DATE!

PROGRAMS OPEN TO THE GENERAL PUBLIC  
RSVP BY CALLING 1.800.272.3900 (Registration is required)