

EDUCATION PROGRAMS

To ensure you find the right program for you, registration for all events is required. Call our 24/7 Helpline at **800.272.3900** or visit **alz.org/centralohio**

MEMORY MATTERS

Community education lunch and learn lecture addressing concerns of those with dementia and their caregivers. Respite is available with registration.

- Failure Free Activities

11:30 a.m. to 1 p.m., Wednesday, October 26

Reynoldsburg United Methodist Church
1636 Graham Rd., Reynoldsburg, Ohio 43068

- Legal and Financial Planning,

11:30 a.m. to 1 p.m., Wednesday, November 23

Reynoldsburg United Methodist Church
1636 Graham Rd., Reynoldsburg, Ohio 43068

- Holiday Tips For Caregivers

11:30 a.m. to 1 p.m., Wednesday, December 28

Reynoldsburg United Methodist Church
1636 Graham Rd., Reynoldsburg, Ohio 43068

WHAT'S NEXT? WE CAN HELP

Increase your understanding of memory loss, dementia and Alzheimer's, while learning about the Central Ohio Chapter programs and services.

- 10 to 11:30 a.m., Monday, October 17

- 6:30 to 7:30 p.m., Thursday, November 17

- 3 to 4:30 p.m., Friday, December 16

Chapter office, 1379 Dublin Rd., Columbus, Ohio 43215

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Behavior is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. 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.

- 10 to 11 a.m., Wednesday, December 7

Chapter office, 1379 Dublin Rd., Columbus, Ohio 43215

JOURNEYS

This seven-week educational and supportive series will explain the whats, whys and hopes to individuals with early stage memory loss and their care partners.

- Class Forming – Please call 1-800-272-3900 to inquire

FIRST FRIDAYS

Monthly community education lunch and learn lectures relating to individuals with Alzheimer's disease and their caregivers. Socialization and activity program is available for individuals with Alzheimer's to attend while the caregiver attends the lecture.

Worthington United Methodist Church
600 High St. Worthington, Ohio 43085

- Adjusting to a Diagnosis of Alzheimer's

11:30 a.m. to 1 p.m. Friday, October 7

- Let Nothing You Dismay... How can Caregivers

Cope during the Yuletide Season

11:30 a.m. to 1 p.m., Friday, November 4

- Failure Free Activities

11:30 a.m. to 1 p.m., Friday, December 2

HOLIDAY TIPS FOR CAREGIVERS

Holidays are a time for family togetherness and memories, but can also be a time filled with stress and sadness for the person with dementia and the caregiver. Attendees will learn how to best plan for the upcoming holiday season, address safety concerns, Holiday activity ideas, gift ideas, and guidelines for a stress free holiday season.

- 12 to 1 p.m., Tuesday, October 11

Bennington Glen
825 OH-61, Marengo, Ohio 43334

- 12:30 to 1:30 p.m., Tuesday, October 25

Marion Senior Center
2375 Harding Highway East, Marion, Ohio 43302

- 1 to 2 p.m., Thursday, November 10

Asbury United Methodist Church
55 W Lincoln Avenue, Delaware, Ohio 43015

COMMUNICATION AND SAFETY

Alzheimer's disease and related dementias can gradually diminish a person's ability to communicate and use good judgement. This presentation will provide techniques for improving communication and modifying the environment for optimal safety.

- 10 to 12 p.m., Wednesday, November 16

Chapter office, 1379 Dublin Rd., Columbus, Ohio, 43215

SEASONS OF CARING (FOUR-PART SERIES)

Rabbi Cary Kozberg leads this series based on selections from "Seasons of Caring," offering perspectives to help caregivers deal with grief and self-forgiveness. This non-denominational class is intended for people of all faiths and for caregivers of people with Alzheimer's at all stages.

- Class Forming – Please call 1-800-272-3900 to inquire

MEMORY STRATEGIES

Ohio State University graduate students in Speech-Language Pathology facilitate weekly group sessions to provide strategies for improving functional communication skills for adults with cognitive-communication impairment. Space is limited, please call to inquire. 10 to 11:30 a.m.

Fridays

- September 9, 16, 23, 30
- October 7, 21, 28
- November 4, December 2

Chapter office, 1379 Dublin Rd., Columbus, Ohio, 43215

UNDERSTANDING DEMENTIA - THE BASICS

This presentation provides information about detection, causes, and risk factors, stages of the disease, treatment, and much more.

- 11-12 p.m., Thursday, November 10

Pickaway Senior Center

2105 Chickasaw Dr. Circleville, Ohio 43113

- 7-8 p.m., Tuesday, November 15

Bexley Library

2411 E. Main Street, Columbus, Ohio 43209

MEDICAL ISSUES THAT CAN AFFECT DEMENTIA

This program will assist families and caregivers by discussing the importance of staying healthy, preparing for doctor visits, medical conditions that can worsen dementia, prevention and management of delirium and hospitalization.

- 12:30 to 1:30 p.m., Wednesday, November 9
Southeastern Ohio Center for Independent Living
418 S. Broad St., Lancaster, Ohio 43130

PROVIDING MEANINGFUL ACTIVITIES

A discussion on how activities can make the best of a person's abilities, enhance quality of life, and facilitate relaxation. Join us to learn how both the caregiver and individual with memory loss can enjoy the sense of security and togetherness that activities can provide.

- 10 a.m. to 12 p.m., Tuesday, September 13
Chapter office, 1379 Dublin Rd., Columbus, Ohio, 43215

LET NOTHING YOU DISMAY

How Can Caregivers Cope during the Yuletide Season?

Presented by Rabbi Cary Kozberg

Holidays can be a time filled with stress and sadness for the caregiver of someone with dementia. This non-denominational class is intended for people of all faiths and for caregivers of people with Alzheimer's at all stages. Rabbi Kozberg will offer perspectives to help caregivers deal with grief and self-forgiveness during this holiday season.

Monday December 5th 2:30-3:30pm

Memorial Gables, 390 Gables Drive, Marysville, OH 43040

Program support provided by: Central Ohio Area Agency on Aging, Area Agency on Aging (Districts 5, 7, 8), Franklin County Office on Aging, Harry C. Moores Foundation, Healthcare Foundation of Delaware County, SourcePoint, Union County Senior Services Levy

Registration required for all classes: 800.272.3900 or alz.org/centralohio

24/7 HELPLINE: 800.272.3900

Please visit alz.org/centralohio for the most up-to-date program listings and for complete listings of our support groups in the 14 counties we serve.

alzheimer's  association™