

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**

MONTHLY PROGRAMS

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. **C**

Each session takes place at the Chapter office:
1379 Dublin Rd., Columbus, Ohio

- Friday, July 21 - 2 to 3:30 p.m.
- Friday, August 18 - 10 to 11:30 a.m.
- Wednesday, September 13 - 2 to 3:30 p.m.

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 dementia to attend while the care partner attends the lecture. **Please visit alz.org/centralohio for list of session topics.** **C** **LW** **P**

Each session takes place the **First Friday** of the month from **11:30 a.m. to 1 p.m.** at the Worthington United Methodist Church: 600 High St. Worthington, Ohio

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|---------------|--------------|
| • August 4 | • October 6 |
| • September 1 | • November 3 |

QUARTERLY PROGRAMS

MEMORY MATTERS

Community education lunch and learn lecture addressing concerns of those with dementia and their caregivers. **C** **P**

Sessions are held each quarter at the Reynoldsburg United Methodist Church: 1636 Graham Rd. Reynoldsburg, Ohio

- Providing Meaningful Activities
Wednesday, September 27 - 11:30 a.m. to 1 p.m.

For questions about our education programs, contact Michelle Crum at mcrum@alz.org.

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PROGRAM SERIES

JOURNEYS: CREATING CONFIDENT CARE PARTNERS, A LIVING WITH ALZHEIMER'S EARLY STAGE SERIES

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. **C** **LW**

DELAWARE

INN AT OLENTANGY: 36 Corduroy Rd. Delaware, Ohio

- This series will take place each Wednesday from 1 to 2:30 p.m. starting September 13 thru October 25.

COLUMBUS

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio

- Class forming for Thursdays in October
Call 1-800-272-3900 to inquire.

CREATING CONFIDENT CARE PARTNERS LIVING WITH ALZHEIMER'S MIDDLE STAGES

This three part series is designed to assist families and caregivers in understanding the diagnosis and planning for the future. Topics include understanding Alzheimer's disease and related dementias, medical issues and hospitalization, communication, safety, long-term planning and community resources. **C**

KINGSTON PLACE: 10001 Parkview Blvd. Columbus, Ohio

- Part 1: Wednesday, September 20 - 5:30 to 7 p.m.
- Part 2: Wednesday, October 18 - 5:30 to 7 p.m.
- Part 3: Wednesday, November 15 - 5:30 to 7 p.m.

CREATING CONFIDENT CARE PARTNERS LIVING WITH ALZHEIMER'S LATE STAGES

This two part series is designed to assist families caring for an individual in the mid-to-late stages of the disease. Topics include dealing with challenging behavior, managing physical care needs, medication management, making difficult end-of-life decisions and coping with grief and guilt. **C**

FRANKLIN COUNTY

CHAPTER OFFICE: 1379 Dublin Rd., Columbus, Ohio

- Part 1: Monday, September 11 - 1 to 3 p.m.
- Part 2: Monday, September 18 - 1 to 3 p.m.

DELAWARE COUNTY

ANDREWS HOUSE: 39 W. Winter St. Delaware, Ohio

- Part 1 and 2: Friday, July 28 - Noon to 4 p.m.

ADDITIONAL PROGRAMS

EFFECTIVE COMMUNICATION STRATEGIES

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 connect and communicate at each stage of the disease. **C**

CHAPTER OFFICE: 1379 Dublin Road, Columbus, Ohio

- Wednesday, August 2 - 10 to 11:30 a.m.

PEACE LUTHERAN CHURCH:

455 Clark State Rd. Gahanna, Ohio

- Wednesday, August 23 - 10 to 11 a.m.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS

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. **C**

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio

- Wednesday, August 30 - 10 to 11:30 a.m.

HILLIARD ASSISTED LIVING: 4303 Trueman Blvd, Hilliard, Ohio

- Thursday, September 21- Noon to 1:30 p.m.

DELEGATES LEARN ABOUT ALZHEIMER'S



The Central Ohio Chapter hosted students from the Shenzhen-Columbus Social Work Training Program, a two-week program that provides an overview of the American Social Work system. The delegation consists of senior level officials sponsored by Chinese Social Work organization, East-West Center. A tour of the Chapter office, along with an overview of our mission was provided during the visit, organized by the Columbus International Program.

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

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas - cognitive activity, physical health and exercise, diet and nutrition, and social engagement. **G**

SOURCEPOINT: 800 Cheshire Rd. Delaware, Ohio

- Thursday, August 24 - 1 to 3 p.m.

P PROFESSIONAL CEUs OFFERED **C** CARE PARTNER **LW** LIVING WITH DEMENTIA **G** GENERAL - ALL AUDIENCES

Registration required for all classes

24/7 HELPLINE: 800.272.3900

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

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.