

# EDUCATION PROGRAMS NEAR YOU



Program Description	Date/Time	Location
<p><b>Dementia Conversations: Driving, Doctor Visits, Legal &amp; Financial</b></p> <p>Planning is an education workshop offered by the Alzheimer's Association that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved.</p>	Monday, March 26, 12:30–1:30 p.m.	Morrice Senior Center, 101 W. Mason, Morrice
	Friday, April 20, 10 a.m. – Noon	Grand Blanc Senior Center, 12632 Pagels Dr., Grand Blanc
<p><b>Effective Communication Strategies</b></p> <p>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 connect and communicate at each stage of the disease.</p>	Saturday, March 3, 10:30 a.m. – Noon	Shiawassee Area Transportation, 180 N. Delaney, Owosso
	Tuesday, March 27, 11 a.m. – Noon	Saganing Tribal Center, 5447 Sturman Rd., Standish
	Saturday, April 14, 10:30 a.m. – Noon	Shiawassee Area Transportation, 180 N. Delaney, Owosso
	Thursday, April 19, 6:30–8 p.m.	Bickford Cottage Assisted Living, 101 Joseph Dr., Midland
	Wednesday, April 25, 6:30-7:30 p.m.	Marguerite DeAngeli Library, 921 W. Nepessing St., Lapeer
	Thursday, May 24, 6-8 p.m.	The Lodges of Durand, Memory Care Community, 8800 Monroe Rd., Durand
<p><b>Healthy Living for Your Brain &amp; Body</b></p> <p>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 make lifestyle choices that may help you keep your brain and body healthy as you 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.</p>	Friday, May 18, 10 a.m. – Noon	Grand Blanc Senior Center, 12632 Pagels Dr., Grand Blanc

*Additional programs listed on reverse side*

**TO REGISTER PLEASE CALL 800.272.3900 OR  
EMAIL HELPLINEGMC@ALZ.ORG**

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<b>Know the 10 Signs</b> The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality, address commonly-held fears about Alzheimer's in America and hear from people who have the disease.	Wednesday, March 7, 6:30–8:30 p.m.	American House North, 3375 N. Linden Rd., Flint
	Friday, March 16, 10 a.m. – Noon	Grand Blanc Senior Center, 12632 Pagels Dr., Grand Blanc
<b>Legal &amp; Financial Planning</b> If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Legal and Financial Planning for Alzheimer's disease is a workshop, presented by the Alzheimer's Association, for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.	Wednesday, February 28, 6–8 p.m.	Memorial Healthcare, 826 W. King S., Owosso
	<b>Two Part Series</b> Wednesday, April 18 & Thursday, 19, 1–2 p.m.	Grand Blanc Senior Center, 12632 Pagels Dr., Grand Blanc
	Tuesday, April 24, 6:30–8 p.m.	First Presbyterian Church, 495 Charles Ave., Alma
	Thursday, April 26 10–11:30 a.m.	Burton Senior Center, 3410 S. Grand Traverse, Burton
<b>Living with Alzheimer's: Early-Stage for Care Partners</b> In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.	Friday, April 6, 13, 20 & 27,	Saginaw Commission on Aging, 2355 Schust Rd., Saginaw
<b>The Basics: Memory Loss, Dementia &amp; Alzheimer's Disease</b> Alzheimer's disease is not a normal part of aging. 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, stages of the disease, treatment, and much more.	Tuesday, February 27. 11 a.m. – Noon	Saganing Tribal Center, 5447 Sturman Rd., Standish
	Thursday, March 15, 10–11:30 a.m.	Burton Senior Center, 3410 S. Grand Traverse, Burton
	Thursday, March 22, 6–8 p.m.	The Lodges of Durand, Memory Care Community, 8800 Monroe Rd., Durand
	Thursday, April 26, 2–4 p.m.	Flushing Senior Center, 106 Elm St., Flushing
	Thursday, May 10, 6:30–8 p.m.	Clio Senior Center, 2136 W. Vienna Rd., Clio
<b>Understanding &amp; Responding to Dementia-Related Behaviors</b> As dementia progresses, language skills and the ability to express feelings and needs may change. Some behaviors can present challenges for caregivers to manage. The Understanding and Responding to Dementia-Related Behaviors program will help attendees better understand behaviors, including common triggers and strategies to help assess and intervene with dementia-related behaviors.	Tuesday, March 27, 11 a.m. – Noon	Saganing Tribal Center, 5447 Sturman Rd., Standish

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