JUNE 7
6-8 PM

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

SPEAKER:
VIRGINIA ZERPA, COMMUNITY OUTREACH COORDINATOR, ALZHEIMER'S ASSOCIATION

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 in this two-hour presentation to learn to decode behavioral triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

2016 MEMORY CAFÉ SCHEDULE

TUESDAYS, 2-3:30 PM

February 23, New Berlin Public Library

March 15, Hales Corners Public Library
April 19, Hales Corners Public Library

May 17, Muskego Public Library
June 21, Muskego Public Library

July 19, Franklin Public Library
August 16, Franklin Public Library

September 20, New Berlin Public Library
October 18, New Berlin Library

November 15, Hales Corners Public Library
December 20, Hales Corners Public Library

For more information or to RSVP, contact Wendy Betley, Alzheimer's Association, at 1-800-272-3900.

alzheimer's association®

Franklin Health Department

FRANKLIN PUBLIC LIBRARY
www.FranklinPublicLibrary.org
9151 West Loomis Road
Franklin, WI 53132
414.425.8214

ALZHEIMER'S AND BRAIN HEALTH SERIES

4 SESSIONS:

- APRIL 13
- MAY 5
- MAY 17
- JUNE 7

6 — 8 PM

FADROW ROOM

Attend any or all of these free sessions. Registration with the Franklin Public Health Department required. Call 414.425.9101.

FRANKLIN PUBLIC LIBRARY

APRIL 13
6-8 PM

HEALTHY LIVING FOR YOUR BRAIN AND BODY

SPEAKER:
GAIL MORGAN, COMMUNITY OUTREACH COORDINATOR, ALZHEIMER'S ASSOCIATION

Tips from the Latest Research—We know the body and brain are connected. Now science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us in this two-hour presentation to learn about research in the area 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 a healthy lifestyle.

MAY 5
6-8 PM

THE BASICS: MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE

SPEAKER:
KRISTA SCHEEL, PROGRAM DIRECTOR, ALZHEIMER'S ASSOCIATION

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments and steps to a proper diagnosis/assessment. Join us for this comprehensive overview!

MAY 17
6-8 PM

EFFECTIVE COMMUNICATION STRATEGIES

SPEAKER:
VIRGINIA ZERPA, COMMUNITY OUTREACH COORDINATOR, ALZHEIMER'S ASSOCIATION

Communication is more than just talking and listening—it's about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementia progress in their journey and the ability to use words is lost, families need new ways to connect. Join us in this two-hour presentation to 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.