

2019 Learning Sessions

HOSTED BY:



SURROGATE DECISION-MAKER

Thursday, Jan. 24, 6:00 – 7:00 p.m.

This class is for anyone making health care decisions for someone else, or who might be in the future. We will discuss the role of a surrogate decision-maker and provide information on documents, medical decision-making, and how to support yourself during this time.

ADVANCED CARE PLANNING

Tuesday, Feb. 5, 6:00 - 7:00 p.m.

Come and join a session presented by an expert on health care directives and Physician's Orders for Life-Sustaining Treatment (POLST). Find out the difference between the two documents and how you can name someone to speak for you if you are unable to do so. Invite family members to attend too!

THIRD THURSDAY FORUM:

Let's Just Talk About It:

"A Fond Farewell"

presented by Jeanne McGill, CSA CPC

Thursday, Jan. 31, 10:00 – 11:00 a.m.

Do you have a desire to protect your loved ones from great emotional stress, trauma, and being thrown into situations that they know nothing about?

Do you want to be remembered as a person that gave wonderful gifts?

If you could ease the pain and agony of someone having to make decisions about YOU and YOUR desires without you being there, would you be willing to help?

Come and learn how to give the gift of funeral preplanning. What do you want? What do you need? Where do you get the information you need to communicate your wishes, your beliefs?

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Tuesday, Feb. 12, 6:30 - 7:45 p.m.

Alzheimer's disease is not a normal part of aging. If 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.

10 WARNING SIGNS OF ALZHEIMER'S

Tuesday, March 12, 6:30 - 7:45 p.m.

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

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

Tuesday, April 9, 6:30 - 7:45 p.m.

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.

ADVANCED CARE PLANNING

Tuesday, May 7, 6:00 - 7:00 p.m.

Come and join a session presented by an expert on health care directives and Physician's Orders for Life-Sustaining Treatment (POLST). Find out the difference between the two documents and how you can name someone to speak for you if you are unable to do so. Invite family members to attend too!

DEMENTIA & EFFECTIVE COMMUNICATION STRATEGIES

Tuesday, May 14, 6:30 - 7:45 p.m.

Communication is more than just talking and listening – it's also about sending and receiving message 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 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.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

Tuesday, June 11, 6:30 - 7:45 p.m.

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.



RESERVE A SPOT IN A SESSION TODAY.

Call the Fountains' Concierge: **952-435-7199**

EBENEZER
Choices for vibrant senior living