

This is a unique opportunity for those affected by *early to moderate memory loss* and their care partner to gain valuable education and support. Ten sessions that are two hours in length are offered over a ten week period.

The first hour of each session features a local professional offering information about memory loss and the community supportive services available. The second hour offers a time for discussion and sharing in an open format with experienced facilitators.

Suggested donation for the series is \$100 per family. Scholarships are available.

Pre-registration is required.

To learn more information and/or to register, call Frank Hales at the Alzheimer's Association, 345.8392, Andrea Gillispie at Cascade Adult Center, 726.4484, or Barbara Passarelli at ElderHealth & Living, 747.4858.

**Thank you to our sponsors
who make these seminars
possible:**



541.345.8392
frank.hales@alz.org



541.726.4484
agillispie@cascadehealth.org



Memory Loss Solutions*

541.747.4858
barbarap@elderhealthandliving.com

Living with Memory Loss

**An education and
support series
for people with
memory loss and
their care partners**



10 Week Series

**Tuesdays
10 a.m. ~ 12 p.m.**

**September 14, 2010 ~
November 16, 2010**

**996 Jefferson St.
Eugene, OR 97402
541.726.4484**

Session 1 — Tuesday, September 14

The Faces of Alzheimer's —

Introductory Session (Video)
Joan Ward and Larry Wallick

Learn the purpose and structure of the group with an opportunity to become acquainted with one another and the program staff. Ms. Ward attended *Living with Memory Loss* as a person with memory loss, and Mr. Wallick attended *Living with Memory Loss* as a care partner with his wife.

Session 2 — Tuesday, September 21

Dementia 101 — Frank Hales, Regional Director of the Alzheimer's Association

This session explores Alzheimer's and related diseases, including diagnosis, symptoms, genetics, research, and *The Best Friends* approach to being care partners.

Session 3 — Tuesday, September 28

Daily Living Skills —

Frank Hales, Laura Fischrup, OTR/L, CDRS, Driving Solutions, and Julie Aspinwall-Lamberts & Jim Ellison

We look at the effect memory loss has on responsibilities, commitments, and leisure and safety issues, including home safety and the Safe Return program. There is a special emphasis on driving and alternative transportation. Ms. Aspinwall-Lamberts and Mr. Ellison attended *Living with Memory Loss* as care partners.

Session 4 — Tuesday, October 5

Dealing with Loss and Grief, Ethical and

Spiritual Wills, and End of Life Care —

Barbara Passarelli, Family Services Coordinator of ElderHealth & Living

This session focuses on recognizing and living with loss and grief and strategies for coping; keeping your values, stories, and wisdom alive for future generations through ethical and spiritual wills; and end of life care for those with memory loss.

Session 5 — Tuesday, October 12

Working with Your PCP —

Liz von Wellshheim, MSN, MA, GNP, Medical Director and CEO of ElderHealth & Living

Tips are discussed about how to communicate with your doctor or health care practitioner.

Session 6 — Tuesday, October 19

Community Resources and Transitions —

Frank Hales and Barbara Passarelli

Resources and tips are presented for successful transitions for both the person with memory loss and their care partner.

Session 7 — Tuesday, October 26

Dealing with Depression and Issues of

Self-Esteem —

Penny Church, M.S., Education Specialist, Div. of Special Ed. & Rehab, U of O

This session addresses the ways in which a person with memory loss and their loved ones view themselves. We also look at ways to boost self-esteem.

Session 8 — Tuesday, November 2

Legal & Financial Considerations —

John Urness, Elder Law Attorney

A guest from the legal profession answers questions concerning long-term care and matters of the estate.

Session 9 — Tuesday, November 9

Family and Social Dynamics —

Victoria McMillan, LCSW
DIRECTION for Employee Assistance

Family and social dynamics may change as the result of memory loss. Maintaining and improving these relationships is addressed, as well as issues related to disclosure of the diagnosis.

Session 10 — Tuesday, November 16

Clinical Trials/Alzheimer's Research & Coping with Memory Problems —

Judy Good and Mike Lee, PRO Research, Andrea Gillispie, Manager of Cascade Adult Center, and Elisabe Slatin

We review up-to-date information on the treatment of memory loss illnesses, including medications and drug studies. We discuss and suggest ways to cope with memory problems. Recreational activities and the *Active Lives, Active Minds* program will also be presented. Ms. Slatin attended *Living with Memory Loss* as a person with memory loss.