

The Premiere Regional  
Alzheimer's/Dementia Agency  
Serving Northern Indiana Families  
Since 1982

**“Until there’s a cure ... we’re devoted to care”**

**UPCOMING EDUCATION PROGRAMS FOR  
FAMILY AND PROFESSIONAL CAREGIVERS**

**July ~ December, 2010**

**Dementia Education Programs for Family and Professional Caregivers**

**CALENDAR AT-A-GLANCE**  
**July - December, 2010**

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>TARGET AUDIENCE</b>
July 8 Thurs	“The Many Faces of Feelings” Caregiver Workshop, Final Session 10-11:30 a.m. <i>(For full program description, see page 10)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
July 8 Thurs	Introduction to Dementia Monthly Class 1-2:30 p.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
July 13 Tues	Putting the Joy Back in Living Class 10:30-11:30 a.m. “Tapping into Our Inner Wisdom” <i>(For full program description, see page 8)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Persons with Early Memory Loss & Their Family & Caregivers
July 15 Thurs	“Creating A Meaningful Life Workshop” 10 a.m. - 2:00 p.m. <i>(For full program description, see page 8)</i>	Waterford Crossing 1212 Waterford Crossing Goshen, IN	Professional Caregivers
July 15 Thurs	Winona Lake Monthly Lunch and Learn 12:10-1:30 p.m. “VA Benefits: What You Should Know” <i>(For full program description, see page 8)</i>	Gorden Student Recreation Center Grace College Winona Lake, IN	Family Caregivers
July 21 Weds	“Training the Dementia Trainer” 8:30 a.m. - 4:30 p.m. <i>(For full program description, see page 8)</i>	Hartsfield Village 10000 Columbia Avenue Munster, IN	Professional Caregivers
July 23 Friday	Introduction to Dementia Monthly Class 10-11:30 a.m. <i>(For full program description, see page 8)</i>	Lake County Public Library 1919 W. 81 <sup>st</sup> Ave (US 30) Merrillville, IN	Family Caregivers
July 23 Friday	Advanced Issues Monthly Dementia Class 10-11:30 a.m. <i>(For full program description, see page 8)</i>	Lake County Public Library 1919 W. 81 <sup>st</sup> Ave (US 30) Merrillville, IN	Family & Professional Caregivers

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>TARGET AUDIENCE</b>
July 27 Tues	Putting the Joy Back in Living Class 10:30-11:30 a.m. “We ARE Our Thoughts: Cultivating A Positive Attitude” <i>(For full program description, see page 8)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Persons with Early Memory Loss & Their Family & Caregivers
Aug 5 Thurs	South Bend Monthly Lunch and Learn 12:10-1:30 p.m. “Understanding Early Onset Dementia” <i>(For full program description, see page 7)</i>	Jewish Federation 3202 Shalom Way South Bend, IN	Family Caregivers
Aug 6 Friday	Elkhart Monthly Lunch and Learn 12:10-1:30 p.m. “VA Benefits: What You Should Know” <i>(For full program description, see page 7)</i>	Sailor Community Ctr. Hubbard Hill Estates 28070 County Road 24 Elkhart, IN	Family Caregivers
Aug 12 Thurs	Advanced Issues Monthly Dementia Class 10-11:30 a.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Aug 12 Thurs	Introduction to Dementia Monthly Class 1-2:30 p.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Aug 19 Thurs	Winona Lake Monthly Lunch and Learn 12:10-1:30 p.m. “Effects of Caregiving on Families” <i>(For full program description, see page 7)</i>	Grace College Westminster Hall 105 9 <sup>th</sup> Street Winona Lake, IN	Family Caregivers
Aug 27 Friday	Introduction to Dementia Monthly Class 10-11:30 a.m. <i>(For full program description, see page 8)</i>	Lake County Public Library 1919 W. 81 <sup>st</sup> Ave (US 30) Merrillville, IN	Family Caregivers 1
Aug 27 Friday	Advanced Issues Monthly Dementia Class 10-11:30 a.m. <i>(For full program description, see page 8)</i>	Lake County Public Library 1919 W. 81 <sup>st</sup> Ave (US 30) Merrillville, IN	Family & Professional Caregivers
Sept 2 Thurs	South Bend Monthly Lunch and Learn 12:10-1:30 p.m. “VA Benefits: What You Should Know” <i>(For full program description, see page 7)</i>	Jewish Federation 3202 Shalom Way South Bend, IN	Family Caregivers

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>TARGET AUDIENCE</b>
Sept 3 Friday	Elkhart Monthly Lunch and Learn 12:10-1:30 p.m. “Preserving Caregivers’ Physical Health” <i>(For full program description, see page 7)</i>	Sailor Community Ctr. Hubbard Hill Estates 28070 County Road 24 Elkhart, IN	Family Caregivers
Sept 9 Thurs	Advanced Issues Monthly Dementia Class 10-11:30 a.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Sept 9 Thurs	Introduction to Dementia Monthly Class 1-2:30 p.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Sept 15 Weds	“Transitioning Your Aging Parent: A 3-Part Workshop to Guide Your Parents Through Crisis and Change” 6-7:30 p.m. <i>(For full program description, see page 9)</i>	Tanglewood Trace 530 W Tanglewood Lane Mishawaka, IN	Family and Professional Caregivers
Sept 16 Thurs	Winona Lake Monthly Lunch and Learn 12:10-1:30 p.m. “Helping Families with Home Care” <i>(For full program description, see page 7)</i>	Grace College Westminster Hall 105 9 <sup>th</sup> Street Winona Lake, IN	Family Caregivers
Sept 22 Weds	“Transitioning Your Aging Parent: A 3-Part Workshop to Guide Your Parents Through Crisis and Change” 6-7:30 p.m. <i>(For full program description, see page 9)</i>	Tanglewood Trace 530 W Tanglewood Lane Mishawaka, IN	Family and Professional Caregivers
Sept 24 Friday	Introduction to Dementia Monthly Class 10-11:30 a.m. <i>(For full program description, see page 8)</i>	Lake County Public Library 1919 W. 81 <sup>st</sup> Ave (US 30) Merrillville, IN	Family Caregivers 1
Sept 24 Friday	Advanced Issues Monthly Dementia Class 10-11:30 a.m. <i>(For full program description, see page 8)</i>	Lake County Public Library 1919 W. 81 <sup>st</sup> Ave (US 30) Merrillville, IN	Family & Professional Caregivers
Sept 29 Weds	“Transitioning Your Aging Parent: A 3-Part Workshop to Guide Your Parents Through Crisis and Change” 6-7:30 p.m. <i>(For full program description, see page 9)</i>	Tanglewood Trace 530 W Tanglewood Lane Mishawaka, IN	Family and Professional Caregivers

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>TARGET AUDIENCE</u>
Oct 1 Friday	Elkhart Monthly Lunch and Learn 12:10-1:30 p.m. “To Laugh or Not to Laugh: Therapeutic Benefits of Laughter” <i>(For full program description, see page 7)</i>	Sailor Community Ctr. Hubbard Hill Estates 28070 County Road 24 Elkhart, IN	Family Caregivers
Oct 6 Weds	22 <sup>nd</sup> Annual Alzheimer’s Conference 8:15 a.m. - 3:15 p.m. <i>(For full program description, see page 9)</i>	Greencroft Senior Center 1820 Greencroft Blvd Goshen, IN	Family & Professional Caregivers
Oct 7 Thurs	South Bend Monthly Lunch and Learn 12:10-1:30 p.m. “Home Sweet Home: Services To Keep Loved Ones At Home” <i>(For full program description, see page 7)</i>	Jewish Federation 3202 Shalom Way South Bend, IN	Family Caregivers
Oct 12 Tues	“There IS A Bridge: The Dis-ease of Alzheimer’s” 8:30 - 11 a.m. <i>(For full program description, see page 9)</i>	Hartsfield Village 10000 Columbia Avenue Munster, IN	Family & Professional Caregivers
Oct 13 Weds	2-Part Dementia Education Series “Understanding Alzheimer’s & Dementia” 6-7:30 p.m. <i>(For full program description, see page 9)</i>	Tanglewood Trace 530 W Tanglewood Lane Mishawaka, IN	Family Caregivers
Oct 14 Thurs	Advanced Issues Monthly Dementia Class 10-11:30 a.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Oct 14 Thurs	Introduction to Dementia Monthly Class 1-2:30 p.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Oct 20 Weds	2-Part Dementia Education Series “Legal and Financial Issues for Caregivers” 6-7:30 p.m. <i>(For full program description, see page 9)</i>	Tanglewood Trace 530 W Tanglewood Lane Mishawaka, IN	Family Caregivers

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>TARGET AUDIENCE</b>
Oct 21 Thurs	Winona Lake Monthly Lunch and Learn 12:10-1:30 p.m. “Preserving Memory and Maintaining Brain Health” <i>(For full program description, see page 7)</i>	Grace College Westminster Hall 105 9 <sup>th</sup> Street Winona Lake, IN	Family Caregivers
Oct 22 Friday	Introduction to Dementia Monthly Class 10-11:30 a.m. <i>(For full program description, see page 8)</i>	Lake County Public Library 1919 W. 81 <sup>st</sup> Ave (US 30) Merrillville, IN	Family Caregivers
Oct 22 Friday	Advanced Issues Monthly Dementia Class 10-11:30 a.m. <i>(For full program description, see page 8)</i>	Lake County Public Library 1919 W. 81 <sup>st</sup> Ave (US 30) Merrillville, IN	Family & Professional
Nov 4 Thurs	South Bend Monthly Lunch and Learn 12:10-1:30 p.m. “Managing Stress in the Moment” <i>(For full program description, see page 7)</i>	Jewish Federation 3202 Shalom Way South Bend, IN	Family Caregivers
Nov 5 Friday	Elkhart Monthly Lunch and Learn 12:10-1:30 p.m. “End-of Life Planning” <i>(For full program description, see page 7)</i>	Sailor Community Ctr. Hubbard Hill Estates 28070 County Road 24 Elkhart, IN	Family Caregivers
Nov 11 Thurs	Advanced Issues Monthly Dementia Class 10-11:30 a.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Nov 11 Thurs	Introduction to Dementia Monthly Class 1-2:30 p.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Nov 18 Thurs	Winona Lake Monthly Lunch and Learn 12:10-1:30 p.m. “End-of-Life Planning” <i>(For full program description, see page 7)</i>	Grace College Westminster Hall 105 9 <sup>th</sup> Street Winona Lake, IN	Family Caregivers
Dec 2 Thurs	South Bend Monthly Lunch and Learn 12:10-1:30 p.m. “End-of-Life Planning” <i>(For full program description, see page 7)</i>	Jewish Federation 3202 Shalom Way South Bend, IN	Family Caregivers

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>TARGET AUDIENCE</b>
Dec 3 Friday	Elkhart Monthly Lunch and Learn 12:10-1:30 p.m. “Helping Impaired Loved Ones Enjoy the Holidays” <i>(For full program description, see page 7)</i>	Sailor Community Ctr. Hubbard Hill Estates 28070 County Road 24 Elkhart, IN	Family Caregivers
Dec 9 Thurs	Advanced Issues Monthly Dementia Class 10-11:30 a.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Dec 9 Thurs	Introduction to Dementia Monthly Class 1-2:30 p.m. <i>(For full program description, see page 7)</i>	Alzheimer’s & Dementia Services 922 E. Colfax Avenue South Bend, IN	Family Caregivers
Dec 16 Thurs	Winona Lake Monthly Lunch and Learn 12:10-1:30 p.m. “Keeping Holiday Spirits Bright” <i>(For full program description, see page 7)</i>	Grace College Westminster Hall 105 9 <sup>th</sup> Street Winona Lake, IN	Family Caregivers

**FOR A LISTING OF ALL MONTHLY SUPPORT GROUPS**, please see page 10

**FOR A LISTING OF OTHER SERVICES PROVIDED BY ALZHEIMER’S & DEMENTIA SERVICES**, please see page 10

**SOUTH BEND MONTHLY  
LUNCH AND LEARN**

**Sponsored by Alzheimer's & Dementia  
Services and REAL Services**

**WHEN:** First Thursday, each month, 12:10-1:30 pm  
**WHERE:** Jewish Federation of St. Joseph Valley  
3202 Shalom Way, South Bend, Indiana  
**TO REGISTER:** Call Real Services at (574) 284-7173  
or (800) 552-7928, ext. 7173 at least one  
week prior to each program to receive a free  
lunch

**Thursday, August 5, 2010**

A Conversation with Phil: Understanding Early  
Stage/Early Onset Alzheimer's Disease

**Thursday, September 2, 2010**

Veteran's Benefits: What You Should Know

**Thursday, October 7, 2010**

Home Sweet Home: Services and Support to Keep  
Your Loved Ones Home

**Thursday, November 4, 2010**

Managing Stress in the Moment

**Thursday, December 2, 2010**

End-of-Life Planning

**WINONA LAKE MONTHLY  
LUNCH AND LEARN**

**Sponsored by Alzheimer's & Dementia  
Services and REAL Services**

**WHEN:** Third Thursday, each month, 12:10-1:30 pm  
**WHERE:** Grace Hall, Westminster Hall,  
105 9<sup>th</sup> Street, Winona Lake, Indiana  
**TO REGISTER:** Call Real Services at (574) 284-7173  
or (800) 552-7928, ext. 7173 at least one  
week prior to each program to receive a free  
lunch

**Thursday, July 15, 2010**

Veteran's Benefits: What You Should Know  
(PLEASE SEE PAGE 1 FOR PROGRAM LOCATION  
-- DIFFERENT FOR THIS SESSION ONLY!)

**Thursday, August 19, 2010**

Effects of Caregiving on Families

**Thursday, September 16, 2010**

Helping Families with Home Care

**Thursday, October 21, 2010**

Preserving Memory and Maintaining Brain Health

**Thursday, November 18, 2010**

End-of-Life Planning

**Thursday, December 16, 2010**

Keeping Holiday Spirits Bright

**ELKHART MONTHLY  
LUNCH AND LEARN**

**Sponsored by Alzheimer's & Dementia  
Services and REAL Services**

**WHEN:** First Friday, each month, 12:10-1:30 pm  
**WHERE:** Sailor Community Center, Hubbard Hill  
Estates, 28070 CR 24 in Elkhart, Indiana  
**TO REGISTER:** Call Real Services at (574) 284-7173  
or (800) 552-7928, ext. 7173 at least one  
week prior to each program to receive a free  
lunch

**Friday, August 6, 2010**

Veteran's Benefits: What You Should Know

**Friday, September 3, 2010**

Preserving the Physical Health of the Caregiver

**Friday, October 1, 2010**

To Laugh or Not To Laugh:  
Therapeutic Benefits of Laughter"

**Friday, November 5, 2010**

End-of-Life Planning

**Friday, December 3, 2010**

Helping Impaired Loved Ones Enjoy the Holidays

**MONTHLY DEMENTIA EDUCATION  
CLASSES**

**South Bend, Indiana**

Sponsored by Alzheimer's & Dementia Services

**WHEN:** Second Thursday, each month  
**WHERE:** Alzheimer's & Dementia Services  
922 E.. Colfax Avenue, South Bend  
**TO REGISTER:** Call Alzheimer's & Dementia  
Services at (574) 232-4121 or  
(888) 303-0180

**WHAT:**

*Two Separate Classes Offered Monthly!*

*"Advanced Issues in Dementia Care" Class*

10:00 - 11:30 a.m.

A different topic is covered each month

**NO CLASS SESSION IN JULY!**

*"Introductory to Dementia and Alzheimer's  
Disease" Class*

1:00 - 2:30 p.m.

This same basic class is offered each month. It is  
strongly recommended that caregivers take this  
class prior to the "Advanced Issues" class

## MONTHLY DEMENTIA EDUCATION CLASSES

Merrillville, Indiana

Sponsored by Alzheimer's & Dementia Services

**WHEN:** Fourth Friday, each month -- except April's program which will be held on April 30

**WHERE:** Lake County Public Library  
1919 W. 81<sup>st</sup> St (US 30) in Merrillville

**TO REGISTER:** Call Alzheimer's & Dementia Services at (888) 303-0180

**WHAT:**

*Two Separate Classes Offered Monthly --  
JULY THROUGH OCTOBER!*

### ***"Introductory to Dementia and Alzheimer's Disease"***

10:00 - 11:30 a.m.

This same basic class is offered each month. It is strongly recommended that caregivers take this class prior to the "Advanced Issues" class

### ***Class "Advanced Issues in Dementia Care" Class***

Noon - 1:30 p.m.

A different topic is covered each month

## "TRAINING THE DEMENTIA TRAINER"

Munster, Indiana

Sponsored by Alzheimer's & Dementia Services

**WHEN:** Wednesday, July 21, 2010  
8:30 a.m.-4:30 p.m.

**WHERE:** Hartsfield Village  
10000 Columbia Avenue  
Munster, Indiana

**TO REGISTER:** Call Alzheimer's & Dementia Services at (888) 303-0180

**WHAT:**

This program will train dementia trainers how to create effective dementia training programs and all participants who successfully complete the training will be sanctioned by the Alzheimer's Foundation of America as a Qualified Dementia Care Provider (QDCP). All participants will receive a set of 4 DVDs to take back to their facilities to utilize for ongoing staff training. The training series has also been approved for 6 CEU units for licensed nurses and social workers.

## "CREATING A MEANINGFUL LIFE"

Goshen, Indiana

Sponsored by Alzheimer's & Dementia Services and Waterford Crossing

**WHEN:** Thursday, July 15, 2010  
10:00 a.m. - 2:00 p.m.

**WHERE:** Waterford Crossing  
1212 Waterford Crossing Circle  
Goshen, Indiana

**FEES:** \$40 for health care professionals

**TO REGISTER:** Call Alzheimer's & Dementia Services for information, (888) 303-0180

**WHAT:**

This is a training program designed to help participants create and implement creative and therapeutic activity programming for persons with Alzheimer's disease and related dementia. All health care professionals who are responsible for the care of persons with dementia are encouraged to attend this innovative and hands-on workshop facilitated by dementia expert and memory care unit director, Debbie Carriveau, RN.C, who has over 30 years experience working with persons with dementia.

Workshop includes lunch.

## "PUTTING THE JOY BACK IN LIVING"

South Bend, Indiana

Sponsored by Alzheimer's & Dementia Services

**WHERE:** Alzheimer's & Dementia Services  
922 E.. Colfax Avenue, South Bend

**TO REGISTER:** Call Alzheimer's & Dementia Services at (574) 232-4121 or (888) 303-0180

**WHAT:** A series of fun and educational programs designed to promote brain health and quality of life for persons in early stages of memory loss and their family/caregivers

**All sessions will last from 10:30-11:30 a.m.**

**Tuesday, March 23:**

"Principles of Brain Health and Healthy Lifestyle"

**Tuesday, April 6:**

"Good Nutrition"

**Tuesday, April 20:**

"The Art of Relaxation, Pt. 1"

**Tuesday, May 4:**

The Art of Relaxation, Pt. 2

**Tuesday, May 18:**

"Dancing with the Stairs: Fitness Can be Fun"

**Tuesday, June 1:**

Tricks and Tips to Keep Memory Sharp

**Tuesday, June 15:**

"To Laugh or Not to Laugh: There is No Question!"

**Tuesday, June 29:**

11's Not Sleeping Keeping You Up Nights?"

**Tuesday, July 13:**

"Tapping into Inner Wisdom"

**Tuesday, July 27:**

"We Are Our Thoughts: Cultivating a Positive Attitude"

**“WHEN THE DIAGNOSIS IS  
ALZHEIMER’S/RELATED DEMENTIA”:**

**A Dementia Education Series**

**Mishawaka, Indiana**

Sponsored by Alzheimer’s & Dementia Services  
and Tanglewood Trace

**WHERE:** Tanglewood Trace  
530 W. Tanglewood Lane, Mishawaka

**TO REGISTER:** Call Alzheimer’s & Dementia  
Services at (574) 232-4121 or  
(888) 303-0180

**WHAT:** A series of two educational programs for those  
involved in the care of persons with Alzheimer’s disease  
or a related dementia

**All sessions will last from 6:00 - 7:30 p.m.**

**October 13, 2010**

“Understanding the Diagnosis of Alzheimer’s and  
Related Dementia

**October 20, 2010**

“Legal and Financial Issues for Caregivers”

**22<sup>ND</sup> ANNUAL COMMUNITY  
ALZHEIMER’S SEMINAR**

**Goshen, Indiana**

Sponsored by Greencroft Retirement Community  
in Cooperation with Alzheimer’s & Dementia  
Services

**WHEN:** Wednesday, October 6, 2010  
8:15 a.m.-3:15 p.m.

**WHERE:** Greencroft Senior Center  
1820 Greencroft Blvd.  
Goshen, Indiana

**FEE:** Professionals, \$90; Students, \$40;  
Primary Family Caregiver, Free;  
Other Family Support Persons, \$25

**TO REGISTER:** Call Greencroft Retirement  
Community for more info at  
(574) 537-4096 or (574) 537-4049

**WHAT:**

Former head football coach and retired Univ. of  
Arkansas athletic director, Frank Broyles, his daughter  
and grand-daughter will offer a multi-generational  
perspective of caregiving wisdom, support, and advice  
learned over the many years they shared caring for  
Frank’s wife, Barbara, who had Alzheimer’s disease,  
including his practical, positive, and insightful book,  
*Coach Broyles Playbook for Caregivers*.

**“TRANSITIONING YOUR AGING  
PARENT”**

**Mishawaka, Indiana**

Sponsored by Alzheimer’s & Dementia Services  
and Tanglewood Trace

**WHERE:** Tanglewood Trace  
530 W. Tanglewood Lane, Mishawaka

**FEE:** \$16.00  
(To cover the cost of the book  
upon which this program is based)

**TO REGISTER:** Call Alzheimer’s & Dementia  
Services at (574) 232-4121 or  
(888) 303-0180

**WHAT:** A series of three workshops designed to guide  
adult children through crisis and changes experienced by  
aging parents. Facilitated by Dale Carter, author of the  
book, *“Transitioning Your Aging Parent.”*

**All sessions will last from 6:00 - 7:30 p.m.**

**September 15, 2010**

“Assessing the Situation”

**September 22, 2010**

“Family Planning: Getting Everyone On the Same  
Page”

**September 29, 2010**

“Creating a Plan and Implementing Transition”

**“THERE IS BRIDGE: Healing the  
Dis-Ease of Alzheimer’s”**

**Munster, Indiana**

Sponsored by Alzheimer’s & Dementia Services,  
Hartsfield Village, and Hospice of Calumet

**WHEN:** Tuesday, October 12, 2010  
8:30 - 11:00 a.m.

**WHERE:** Hartsfield Village  
10000 Columbia Avenue  
Munster, Indiana

**TO REGISTER:** Call Hartsfield Village at  
(219) 934-0750

**WHAT:**

This special community educational program is  
designed for both family and professional  
caregivers. Michael Verde, founder and president  
of Memory: the Foundation for Alzheimer’s and  
Cultural Memory, will share the widely-acclaimed  
PBS documentary that explores the deep emotional  
and spiritual connections between us that  
irreversible dementia can not extinguish. After the  
documentary, Michael will share the biographical  
and imaginative experiences that informed the  
creation of Memory Bridge, *There is a Bridge*, and  
the foundation’s ongoing educational mission to  
heal the dis-ease of Alzheimer’s.

## “THE MANY FACES OF FEELINGS”

### South Bend, Indiana

Sponsored by Alzheimer's & Dementia Services

**WHERE:** Alzheimer's & Dementia Services  
922 E. Colfax Avenue, South Bend

**TO REGISTER:** Call Alzheimer's & Dementia  
Services at (574) 232-4121 or  
(888) 303-0180

**WHAT:** A series of five workshops designed to help  
caregivers of persons with Alzheimer's  
disease/related dementia understand and cope with  
their own emotional changes and challenges

All sessions will last from 10:00-11:30 a.m.

**May 13, 2010**

“Taking Inventory:  
Learning to Take Care of Yourself”

**May 27, 2010**

“What's Causing Personal Stress and  
How Can You Reduce It?”

**June 10, 2010**

“Learning to Communicate Your Needs to Others”

**June 24, 2010**

“Learning from Your Emotions, Part 1”

**July 8, 2010**

“Learning from Your Emotions, Part 2”

## MONTHLY CAREGIVER SUPPORT GROUPS

### Elkhart County

4<sup>th</sup> Thursday at 2 p.m.  
Trinity United Methodist Church, 2715 Jackson Blvd. in  
Elkhart

2<sup>nd</sup> Tuesday at 6 p.m.  
Greencroft Senior Center in Goshen

2<sup>rd</sup> Thursday at 6 p.m.  
Sailor Community Center on Hubbard Hill Estates  
28070 County Road 24 in Elkhart

### Kosciusko County

1<sup>st</sup> Wednesday at 7 p.m.  
Miller's Assisted Living, 1630 S County Farm Road in  
Warsaw

### Lake County

1<sup>st</sup> Saturday at 10:00 a.m.  
Tolleston Branch Library, 1113 Taft Street in Gary

2<sup>nd</sup> Sunday at 2:30 p.m.  
Franciscan Communities Adult Day Center, 205 Franciscan  
Drive in Crown Point

2<sup>nd</sup> Monday at 6:00 p.m.  
St. Catherine Hospital, 4321 Fir Street in East Chicago

4<sup>th</sup> Saturday at Noon  
“AT EASE” Social Group for Persons with Dementia and  
Their Families

## OTHER PROGRAMS OFFERED BY ALZHEIMER'S & DEMENTIA SERVICES

*“The Premiere  
Regional Alzheimer's  
Agency Serving  
Northern Indiana  
Families Since 1982”*



- ★ Toll-free telephone support line
- ★ One-on-one care consultation
- ★ Speaker's bureau
- ★ Sadie Mager Emergency Respite Grant
- ★ Alzheimer's Foundation of America  
Family Assistance Grant
- ★ Web site = [www.alz-nic.org](http://www.alz-nic.org)
- ★ Quarterly newsletter
- ★ Lending library
- ★ Milton Adult Day Services

For more information on any of these services,  
contact Alzheimer's & Dementia Services at  
(574) 232-4121 or toll-free at (888) 303-0180

Franciscan Communities Adult Day Center, 205 Franciscan  
Drive in Crown Point

### LaPorte County

4<sup>th</sup> Monday at 5:30 p.m.  
Brentwood Assisted Living, 2002 Andrew Av. in LaPorte

3<sup>rd</sup> Wednesday at 2:00 p.m.  
Rittenhouse Senior Living, 4300 Cleveland in Michigan Cty

### Marshall County

3<sup>rd</sup> Tuesday at 10:00 a.m.  
Marshall County Council on Aging/Life Enrichment Ctr.  
1305 W. Harrison in Plymouth

### Porter County

2<sup>nd</sup> Thursday at 3:00 p.m.  
St. Agnes Adult Day Service Center, 1859 Harrison Blvd. in  
Valparaiso

### St. Joseph County

1<sup>st</sup> Wednesday at 6:30 p.m.  
Mishawaka-Penn-Harris Library, 209 LWE in Mishawaka

2<sup>nd</sup> Thursday at 6:30 p.m.  
Christ the King Lutheran Church, 17195 Cleveland Road in  
South Bend

1<sup>st</sup> Tuesday at 10:00 a.m.  
Alzheimer's & Dementia Services of Northern Indiana  
922 E. Colfax Avenue in South Bend