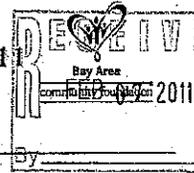


 **GOLDEN HORIZONS WINTER-SPRING 2011**
DEMENTIA TRAINING CLASSES



FEBRUARY 2011

“Alzheimer’s from A to Z” Alzheimer’s and related dementias, communication techniques, managing difficult behaviors, activity ideas, latest research, treatment, safety, local services, legal and financial.
Thursday, Feb. 10 from 9:00 a.m. –12:00 noon OR Monday, Feb. 28 from 6:30 p.m. – 9:30 p.m.

“Managing Difficult Behaviors” Understand the causes of difficult behaviors exhibited by a person with Alzheimer’s disease/dementia, such as wandering, agitation, restlessness, sundowning, wanting to go home, repeating, etc. Learn techniques to reduce and manage these behaviors.
Tuesday, Feb. 15 from 7:00 p.m. –9:30 p.m. OR Friday, Feb. 18 from 9:30 a.m. – 12:00 noon

“Communicating Effectively” Enhance verbal communication and improve interaction with a person who has Alzheimer’s disease/dementia.
Wednesday, Feb. 23 from 9:30 a.m. –12:00 noon OR Thursday, Feb. 24 from 7:00 p.m. – 9:30 p.m.

MARCH 2011

“Overview of Alzheimer’s & Other Dementias” Learn more about dementia, a group of symptoms that include; memory loss, declining intellectual abilities, confusion, and personality changes. Alzheimer’s disease is just one cause of dementia. Also, information on legal, financial, and health care issues.
Wednesday, Mar. 23 from 9:30 a.m. – 12:00 noon OR Thursday, Mar. 24 from 7:00 p.m. – 9:30 p.m.

“Managing Difficult Behaviors” Understand the causes of difficult behaviors exhibited by a person with Alzheimer’s disease/dementia, such as wandering, agitation, restlessness, sundowning, wanting to go home, repeating, etc. Learn techniques to reduce and manage these behaviors.
Monday, Mar. 28 from 7:00 p.m. –9:30 p.m. OR Thursday, Mar. 31 from 9:30 a.m. – 12:00 noon

APRIL 2011

“Communicating Effectively” Enhance verbal communication and improve interaction with a person who has Alzheimer’s disease/dementia.
Tuesday, April 5 from 7:00 p.m. –9:30 p.m. OR Friday, April 8 from 9:30 a.m. – 12:00 noon

“Overview of Alzheimer’s & Other Dementias” Learn more about dementia, a group of symptoms that include; memory loss, declining intellectual abilities, confusion, and personality changes. Alzheimer’s disease is just one cause of dementia. Also, information on legal, financial, and health care issues.
Tuesday, April 19 from 9:30 a.m. – 12:00 noon OR Thursday, April 21 from 7:00 p.m. – 9:30 p.m.

Classes are free. Registration is required. Call Gloria Rose, RN, BSW at 892-6644.

- Complimentary adult day care available for morning sessions. Reservations required.
- All classes are held at Golden Horizons, 1001 Marsac, Bay City, Michigan.
- Program funded by Region VII Area Agency on Aging & the Alzheimer’s Fund of the Bay Area Community Foundation.