



defiance public library system
Defiance • Sherwood • Hicksville

MEDIA RELEASE

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Alzheimer's Association, NW Ohio Chapter, Offering Free Alzheimer's/Dementia Education Programs at DPL

[DEFIANCE] – The Alzheimer's Association, Northwest Ohio Chapter, is offering a series of free educational programs at Defiance Public Library on topics related to navigating Alzheimer's disease.

Sessions will take place at the library, 320 Fort St., Defiance, from March through September, on the third Friday of each month, from 3-4 p.m. (September's program ends at 4:30 p.m.)

Registration is required. Register for any session at defiancelibrary.org/calendar or by calling the library at 419-782-1456.

Sessions scheduled are:

Friday, March 17: Healthy Living for Your Brain and Body. 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.

Friday, April 21: 10 Warning Signs of Alzheimer's. Learn the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection and benefits of diagnosis, and next steps and expectations for the diagnostic process.

Friday, May 19: Dementia Conversations. This program offers tips on how to have honest and caring conversations addressing common issues, like going to the doctor, deciding when to stop driving, and making legal and financial plans.

Friday, June 16: Understanding Alzheimer's and Dementia. This program

Defiance Public Library
320 Fort St.
Defiance, OH 43512
ph. 419-782-1456
fax. 419-782-6235

Johnson Memorial Library
116 W High St.
Hicksville, OH 43526
ph. 419-542-6200
fax. 419-542-1015

Sherwood Branch Library
117 N Harrison
Sherwood, OH 43556
ph. 419-899-4343
fax. 419-899-3479

www.defiancelibrary.org

explains the difference between Alzheimer's and dementia, stages and risk factors, and current research and treatments available to address some symptoms.

Friday, July 21: Effective Communication Strategies. Explore how communication changes when someone is living with Alzheimer's, learn how to interpret the related verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Friday, Aug. 18: Understanding and Responding to Dementia-related Behavior. Learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

Friday, Sept. 15: Managing Money: A Caregiver's Guide to Finances: Learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning. Note: This program is 90 minutes long.

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