



February 2013

LENDING LIBRARY

VISIT OUR LIBRARY ON THE 4TH FLOOR

For patients, families and the community; featuring books, videos and online resources. Confidential assistance is available. To view our catalog, visit keepmemoryalive.org/caregivers, go to library tab. To reserve an item, call 483-6033.

Open Monday thru Thursday

10 am - 2 pm or by appointment

Receive a free tote bag when you check out a book!

CLEVELAND MUSEUM OF ART SERIES

1st and 3rd Tuesdays, 11 am-12 pm, open to all

Conversations about art through videoconferencing

Feb 5: Tomb Culture of Ancient China

Feb 19: Gods and Heroes of India

COUNSELING

INDIVIDUAL, COUPLES & FAMILY THERAPY

Available to Clinic patients and family members to address concerns related to diagnosis and caregiving.

Contact: Jennifer 483-6036, gayanj@ccf.org

CAREGIVER COUNSELING PROJECT

New research program which provides psychotherapy to adult family members caring for individuals with neurodegenerative disorders (does not have to be a Cleveland Clinic patient). Contact: Jenna 483-6054,

cliffoj@ccf.org

EDUCATION

LUNCH & LEARN, Wednesdays, 12-1 pm

Bring your lunch; bottled water & dessert provided

Feb 6: Exploring Care Options, Part 1: Adult Day Care, Jeffrey Klein, Nevada Senior Services & **Skilled Home Care**, Stephanie Kuewa, Dynamic Home Healthcare

Feb 13: Social Security Overview, Steve Zuelsdorf, Social Security Administration

Feb 20: Exploring Care Options, Part 2: In-Home Care, Michael DiAsio, Visiting Angels & **Memory Care**, Linda Bowers, Aegis of Las Vegas

Feb 27: Tips to Prevent a Fall & How to Get Up if You Do, Rehabilitation Services Team, Cleveland Clinic

Feb 4, 11 & 18, 1 – 2:30 PM – Positive Aging Series (Co-sponsored with Osher Lifelong Learning Institute)
Learn information to promote a healthy lifestyle

Contact Susan Hirsch, 483-6023, hirschs2@ccf.org

SUPPORT GROUPS

Memory Loss: Every Wednesday 1-2:30 pm

Ongoing weekly support group for adult family members caring for individuals with memory loss.

Donna 483-6035

Parkinson's: February 12, 12-1 pm

(Held the 2nd Tuesday of every month)

Separate groups for early stage individuals and adult family members. Jennifer 483-6036

Huntington's: February 26, 12 – 1 pm

(Held the 4th Tuesday of every month)

Groups for gene positive individuals (asymptomatic and early stage) and adult family members. Jenna 483-6054

CarePRO: Series of educational workshops and individualized coaching for caregivers of family members with dementia; held off site.

Susan S. 483-6055