



# Mid-Year Newsletter Update

*In an effort to save money, we published an annual newsletter in January. This is our mid-year update to accompany the newsletter. All services are made possible in part by the funds raised from the Miles of Memories Walk.*

## **Free Community Education Series**

Date	Time	Topic	Location
June 21	1:30 – 3:00 PM	Managing Challenging Behaviors	Falmouth Council On Aging, 300 Dillingham Ave
July 12	1:00 – 2:30 PM	How to Remember Not to Forget	Brewster Council On Aging, 1673 Main St
August 12	1:30 – 3:00 PM	Essential Communication Skills	Dennis Council On Aging, 1045 Route 134
September 13	1:00 – 2:30 PM	Essential Communication Skills	Brewster Council On Aging, 1673 Main St
September 14	10:30 – 11:30 AM	Overview of Dementia	Bourne Council On Aging, 239 Main St
September 20	1:30 - 3:00 PM	How to Remember Not to Forget	Falmouth Council On Aging, 300 Dillingham Ave
September 21	5:30 – 7:00 PM	Essential Communication Skills	Wellfleet Council On Aging, 715 Old Kings Hwy
October 19	5:30 – 7:00 PM	Managing Challenging Behaviors	Wellfleet Council On Aging, 715 Old Kings Hwy
October 21	1:30 - 3:00 PM	Overview of Dementia	Dennis Council On Aging, 1045 Route 134
October 25	1:30 – 3:00 PM	Essential Communication Skills	Falmouth Council On Aging, 300 Dillingham Ave
December 14	10:30 – 11:30 AM	Unwrapping the Holidays	Bourne Council On Aging, 239 Main St
December 16	1:30 – 3:00 PM	Unwrapping the Holidays	Dennis Council On Aging, 1045 Route 134

## **Free Memory Screenings**

Date	Time	Town	Location
September 16	1:00 – 4:00 PM	Provincetown	Provincetown Council On Aging, 26 Alden St
October 15	11:00 – 2:00 PM	Eastham	Eastham Council On Aging, 1405 Nauset Rd

## **Free Arts & Alzheimer's Discussion Groups**

Arts & Alzheimer's discussion groups use art to help facilitate conversation and connectedness for those with Alzheimer's disease or a related dementia and their family caregiver. It is a great outing and activity for family caregivers looking to add constructive, safe adventures to their caregiving routine. Families who attend love it. No art experience is required. These free programs are held monthly at several participating museums and galleries throughout the region. Registration is required. Call for more info or go to [www.alzcapecod.org/artsandalzheimers](http://www.alzcapecod.org/artsandalzheimers).

**Registration is required for most programs, please call or e-mail our office to let us know you will be attending.**

### Alzheimer's Services on Martha's Vineyard

#### **Dementia Certificate Program**

September 17 from 1-4 PM & September 18 from 9-12

#### **Memory Screenings**

June 25 from 1 - 4 PM, Edgartown Council On Aging

July 20 from 12:30 – 4 PM, Oak Bluffs COA

October 29 from 1 – 4 PM, Edgartown COA

### Alzheimer's Services on Nantucket

#### **Overview of Alzheimer's & Dementia**

September 9 from 1:30 – 3:30 PM

Saltmarsh Senior Center

#### **Maintaining Your Brain**

October 14 from 1:30 – 3:30 PM

Saltmarsh Senior Center

#### **Memory Screenings**

July 31 from 10 – 1 PM, Nantucket Our Island Home

September 11 from 10 – 4 PM, Nantucket High School

### SAVE THE DATE - Alzheimer's Services Fundraising Events

#### ➤ **Sandpiper Gallery's Annual Reception & Art Auction**

*August 8, from 3 -7 PM at Sweet Season's Room at the Inn at Duck Creeke, 70 Main St, Wellfleet - \$10 admission*

The evening includes an art auction featuring some of Outer Cape's premier artists and other specialty items bookended by live music, tasty appetizers, and great people.

#### ➤ **Reds, Whites & Blues Auction and Wine Tasting**

*October 28, Willowbend Country Club, Mashpee*

The evening will include a wine tasting featuring an amazing variety of fine wines, a lavish array of culinary delights, live music, silent & live auctions with an array of exceptional items. Call for ticket or sponsorship information.

### November is National Alzheimer's Awareness Month

We are planning several events throughout the month so check back with us or our website for details. The two dates we know now are for National Candle Lighting Day on November 12. We will gather and light candles in remembrance or honor of our friends/loved ones with a dementia. And, National Memory Screening Day on November 16. We will offer free memory screenings throughout the region to bring awareness to the disease and brain health.

### Professional CEU Development

#### **November Conference - A Day with Teepa Snow, MS, OTR/L, FAOTA**

*November 19 at Christ the King Church, 3 Job's Fishing Road, Mashpee*

This is a tremendous opportunity to spend a full day learning from one of the nation's most progressive thought leaders in dementia care. Teepa Snow's programs are always educational, engaging, and entertaining. She is back by popular demand and will take our caregiving abilities to a whole new level. Tuition is \$95 (CEUs). Family caregivers and non-CEU attendees are invited at a reduced rate of \$40 to help cover the costs. Registration is required.

#### **Dementia Certificate Program**

*September 24 & October 1 from 1:00 - 4:00 PM*

*Sandwich Council On Aging, 270 Quaker Meeting House Road*

An in-depth 6-hour training designed for professionals who want to gain more knowledge about dementia and tools to provide better care. Tuition for the Dementia Certificate Program is program is \$80 (6 CEUs). Tuition for family caregiver's is \$10 to cover the costs. Registration is required.

### Free Support Services

**We Are Here For You!** Please call us anytime for support services - helpline, care management plans, family consultations, referral services and respite grants. We have over 28 support groups in the region. Call for details or with a question.