

# ***Alzheimer's and Related Dementia Education Series and Caregiver Support Group 2016***

January 7, 2016	<b>Stress Management and Relaxation Techniques</b> <i>Michelle Graff-Radford, M.S.W., R.Y.T.</i> <i>Special Project Associate, Mayo Clinic</i>
February 4, 2016	<b>Meditation: Self Care for Stressful Times</b> <i>Rev. Priscilla H. Howick, M.Div., BCC</i> <i>Chaplain Services Manager, Mayo Clinic</i>
March 3, 2016	<b>Ask the Neurologist</b> <i>Adel Aziz, M.B., B.Ch.</i> <i>Behavioral Neurology Fellow, Mayo Clinic</i>
April 7, 2016	<b>Tips for Communication</b> <i>Nicole DeLaGrange, M.S., CCC-SLP</i> <i>Speech Pathologist, Mayo Clinic</i>
May 5, 2016	<b>Driving: Is it Safe to Continue?</b> <i>Peggy Gannon, CTRS, CDRSD</i> <i>Certified Driving Rehab Specialist, Brooks Rehabilitation</i>
June 2, 2016	<b>Medication Management: What is in Your Bag?</b> <i>Michael J. Schuh, Pharm.D, R.PH.</i> <i>Assistant Professor of Pharmacy, Mayo College of Medicine</i>
July 7, 2016	<b>HOLIDAY</b>
August 4, 2016	<b>What can we do now: What does the future hold?</b> <i>Neill R. Graff-Radford, M.D.</i> <i>Professor of Neurology, Mayo College of Medicine</i>
September 1, 2016	<b>HOLIDAY</b>
October 6, 2016	<b>Open Forum: Question and Answer Session</b> <i>Tanis J. Ferman, PhD</i> <i>Associate Professor of Psychology, Mayo College of Medicine</i>
November 3, 2016	<b>Legal Issues</b> <i>Vicki J. Bowers, J.D., B.C.S., C.E.L.A.</i> <i>The Law Offices of Bowers, Morgan and Associates, P.A.</i>
December 1, 2016	<b>Planning for the Holidays and Travel</b> <i>Francine Parfitt, MSH</i> <i>Director, Memory Disorder Clinic, Mayo Clinic</i>

# Ongoing Education

Please join us for our annual education series. You are welcome to attend all the sessions or only those that interest you. The classes are free and open to the public. Advance registration is not required.

The overall goal of the education series is to improve the participants' understanding of dementia, including symptoms and behavior changes. This series is intended to help family members understand the progression of the disease, plan for the future, and to give them the knowledge to assist in their caregiving roles.

Each session meets from 12:00 noon to 1:30 p.m. on the Mayo Clinic campus in Kinne Auditorium inside the Cannaday Building located at 4500 San Pablo Road in Jacksonville, FL. Free parking is available on the Mayo Clinic campus.

\*Meeting location subject to change. E-mail notification will be sent if there is a room change or you may call the Memory Disorder Clinic at (904) 953-6523 to confirm location.

## UPCOMING EVENTS

### **Connect at the Cummer**

Art appreciation for care recipients and their caregiver

**Held the 2<sup>nd</sup> Wednesday of each month**

**Reservations Required**

**904-953-6523**

### **Caregiver Expo 2016**

May 7, 2016

Hyatt Regency Jacksonville Riverfront Hotel

[www.mycaregiverconnection.org](http://www.mycaregiverconnection.org)

### **Walk to End Alzheimer's**

Saturday, November 19, 2016

Jacksonville Riverfront

[www.alz.org](http://www.alz.org)

For more information about any of our programs and services, please contact:

Memory Disorder Clinic

(904) 953-6523

or

MCJMemoryDC@mayo.edu

Sponsored by the  
Mayo Clinic Memory Disorder Clinic  
and the  
State of Florida Department of Elder Affairs