Making Sense of Memory Loss

Some memory loss is normal as we age, but some older people experience more than occasional forgetfulness. What should family members know and what can they do to help someone who is beginning to experience memory loss or other difficulties with thinking?

A five-part educational program has been developed to help family members of someone in the early stages of memory loss. This special program is taught by

Daxa Sanghvi, MSW from Kenneth Young Center and Donna Newbold, MA, LPC, Catholic Charities Northwest senior services.

In the five sessions we will cover

♦ Overview of Memory Loss & Related Symptoms
♦ Communication Strategies
♦ Making Decisions
♦ Planning for the Future
♦ Effective Ways of Coping and Caring

WHEN: Mondays, June 13th – July 18th 6:00-8:30pm
WHERE: Arlington Heights Senior Center
1801 W Central Rd
Arlington Heights IL 60005

COST: $15 includes five, 2.5 hour weekly sessions and the book “Alzheimer’s Early Stages” by Daniel Kuhn, MSW

Registration is required, please call Donna Newbold, MA, LPC by 6/7/16 at Catholic Charities Northwest Senior Services, (847) 253-5500 ext. 383