

**DETAILS ON ALL  
EVENTS AT:  
[clevelandclinic.org/  
NevadaEvents](http://clevelandclinic.org/NevadaEvents)**

# LUNCH & LEARN

In honor of Barbara "Spicy Lady" Edmonds



## SPECIAL EVENTS



### POWERFUL TOOLS FOR CAREGIVERS

(TAUGHT ONLINE IN ENGLISH)  
**FREE WORKSHOP**

Six consecutive Tuesdays  
Jan 10 – Feb 14  
1:00-3:00 pm PT

Registration Required:  
702.271.9563 or email your  
address and contact phone to:  
[LouRuvoSocialServ@ccf.org](mailto:LouRuvoSocialServ@ccf.org)

**ALL**

### HERRAMIENTAS PODEROSAS PARA CUIDADORES (POWERFUL TOOLS FOR CAREGIVERS)

(TAUGHT ONLINE IN SPANISH)  
**Taller en línea gratuito!**

Cada lunes a partir de  
Jan 23 – Feb 27, 6:00-7:30 pm PT



Abra la cámara de  
su celular; a punte  
aquí y haga clic en  
el link que  
aparecerá para  
registrarse



### JAN 4: HELP YOURSELF! LIVING ALONE WITH PARKINSON'S DISEASE

Judith Sachs, Director  
Anyone Can Move

If you have Parkinson's, and have no  
spouse or adult care-partner at  
home, your needs are specific and  
critical. Learn about the new 8-week  
Parkinson's Foundation granted  
program designed to help those  
living alone navigate some of the  
most difficult challenges.



### JAN 18: HOW VISION AND DEMENTIA INTERSECT

Joseph Lau, OD  
Optic Gallery Family Eye Care

Someone with dementia might have  
visual difficulties but still have  
healthy eyes. Yet, sight loss is often  
undiagnosed in people living with  
dementia because the dementia can  
mask symptoms of sight loss, or  
sight loss can be mistaken for a  
symptom of dementia. Learn how  
and why it is important to stay  
abreast of eye health in order to live  
optimally with dementia.



### JAN 11: DO YOU TASTE WHAT I TASTE?

Jennifer Pauldurai, MD  
Cleveland Clinic

Dementia and neurodegeneration can  
be associated with changes in the way  
a person may taste, smell, and feel  
the outside world. These changes in  
sensation can be related to the  
structural and chemical changes in the  
brain, as well as behavioral changes  
in the person. Learn how to recognize  
these differences and how to best  
accommodate them to improve quality  
of life for our loved ones.



### JAN 25: THE IMPACT OF UNTREATED HEARING LOSS

Heather Castellano, N.B.C.-H.I.S  
Hearing Centers of Nevada/HCN

Untreated hearing loss can have an  
impact on more than just communication  
abilities and relationships. Recently it  
has been linked to an increased  
development of dementia. Learn how  
better hearing may help reduce the  
likelihood of dementia.

## CAMPUS & COMMUNITY EVENTS



### HELP YOURSELF: LIVING ALONE WITH PARKINSON'S ONLINE WORKSHOP

Wednesdays: Jan 11 – Mar 1  
7:00 am – 9:00 am PT

Movement activities, ask an expert segments, support mentor  
Register: <https://anyonecanmove.com/help-yourself>  
Questions: [judithsachs@mac.com](mailto:judithsachs@mac.com) 609.577.1928



### SLEEP IMPAIRMENT AND FATIGUE IN PARKINSON'S DISEASE ONLINE EVENING EVENT

Thursday, January 26  
5:45 pm – 7:35 pm PT

Register: [gcmd.co/SleepandFatigue](http://gcmd.co/SleepandFatigue)



### LYNNE RUFFIN-SMITH LIBRARY

NOW Open Mon-Fri 9:00 am to 4:30 pm PT  
Browse our [e-Library](http://e-Library) at [keepmemoryalive.org](http://keepmemoryalive.org)  
To obtain a library card, call: 702.271.9563 or  
email: [louruvolibrary@ccf.org](mailto:louruvolibrary@ccf.org)



### Book of the Month:

On-site & in our E-library:

*Living Your Best with Early Stage  
Alzheimer's*

by Lisa Snyder, MSW, LCSW

**LEGEND**

**ALL** Relevant to all audiences



Memory loss



Movement disorders



MS Multiple sclerosis

ADDITIONAL DETAILS ON ALL EVENTS: [clevelandclinic.org/NevadaEvents](http://clevelandclinic.org/NevadaEvents)

THANKS TO GENEROUS DONORS, ALL PROGRAMS ARE OFFERED TO THE COMMUNITY AT NO COST




# THERAPEUTIC SERVICES

-  **RHYTHMIC REMINISCENCE®**  
**Thursdays**  
**1:15 – 2:15 pm PT**  
A music - physical therapy collaboration.  
**Pre-approval required.**  
Contact Becky: [wellmar@ccf.org](mailto:wellmar@ccf.org)
-  **GROUP MUSIC THERAPY FOR INDIVIDUALS WITH MEMORY LOSS**  
**Monday through Friday**  
**3:00 – 4:30 pm PT daily**  
**NO SESSION: Jan 02**  
Contact Becky: [wellmar@ccf.org](mailto:wellmar@ccf.org)
- ALL** **CHAIR YOGA FOR PERSONS LIVING WITH A NEUROLOGICAL CONDITION AND/OR THEIR CARE PARTNERS**  
All diagnoses welcome. Instructors provide appropriate adaptations.  
**NEW Program**  
**Wednesdays, 11:00 am – 12:00 pm PT**  
**Registration and waiver required.**  
Email: [louruvoswgroup@ccf.org](mailto:louruvoswgroup@ccf.org)



# SUPPORT GROUPS

FOR CARE PARTNERS



-  **FRONTOTEMPORAL DISORDERS (FTD) & PRIMARY PROGRESSIVE APHASIA (PPA)**  
**First & Third Wed**  
**Jan 4 & 18, 6:30 pm – 8:00 pm PT**  
Email: [louruvoswgroup@ccf.org](mailto:louruvoswgroup@ccf.org)
-  **DEMENTIA WITH LEWY BODY (DLB)**  
**First and Third Wed**  
**Jan 4 & 18, 2:00 – 3:00 pm PT**  
Email: [louruvoswgroup@ccf.org](mailto:louruvoswgroup@ccf.org)
-  **CARING FOR PERSONS WITH MEMORY LOSS – PEER-LED GROUP**  
**Second and Fourth Wed**  
**Jan 11 & 25, 1:15 – 2:15 pm PT**  
Email: [LouRuvoPeerSupGrp@ccf.org](mailto:LouRuvoPeerSupGrp@ccf.org)


FOR INDIVIDUALS AND CARE PARTNERS

-  **PARKINSON'S DISEASE (PD)**  
**Fourth Tue**  
**Jan 24 NEW TIME**  
**11:00 am – 12:00 pm PT**  
Email: [louruvoswgroup@ccf.org](mailto:louruvoswgroup@ccf.org)
-  **HUNTINGTON'S DISEASE (HD)**  
**Third Thurs**  
**Jan 19**  
**12:00 – 1:00 pm PT**  
Email: [louruvoswgroup@ccf.org](mailto:louruvoswgroup@ccf.org)
- MS** **MULTIPLE SCLEROSIS**  
**Mondays,**  
**2:30 – 4:00 pm PT**  
**NO SESSION: Jan 02**  
Email: [louruvoswgroup@ccf.org](mailto:louruvoswgroup@ccf.org)



# ENGAGEMENT ARTS

Open to patients and community  
Contact 702.271.9563 for ONLINE location of arts events

-  **CONVERSATIONS TO REMEMBER**  
**Second & Fourth Monday**  
**Jan 09 - NO SESSION**  
**Jan 23: 11:45 am – 1:00 pm PT NEW TIME**  
Telling stories through art is fun, can foster creative thinking and stimulate distant memories in individuals experiencing memory loss.
- ALL** **THE LEARNING ARTS – First & Third Tuesday**  
Eclectic excursions via videoconferencing with museums across North America.  
**Tuesday, Jan 3, 11 am – Noon PT**  
Animals of the High Plains – *Don Harrington Discovery Center Amarillo*  
**Tuesday, Jan 17, 11 am – Noon PT**  
Found Object Artworks – *Smithsonian American Art Museum*
- ALL** **MIND IN DESIGN – An Art Making Class for Everyone. Now ONLINE! Art kit provided.**  
Accepting Reservations through **Jan 13** for Monday, Jan 30, 10:30 am – 12:30 pm or 1:00 – 3:00 pm PT

TO SIGN UP TO RECEIVE THIS MONTHLY FLIER VIA EMAIL, CONTACT [LouRuvoSocialServ@ccf.org](mailto:LouRuvoSocialServ@ccf.org)