



Community Education

**Friday, May 21, 2010
from 2-3PM at
Thelma's Place www.thelmasplace.org
352 NW 2nd Avenue (located behind Canby Herald)**



Judy McKellar knows firsthand how devastating Alzheimer's disease can be to a family.

Topic for May is:

Cracking the Code – Communicating with Alzheimer's

Alzheimer's disease can gradually diminish a person's ability to communicate. They have more difficulty expressing thoughts and emotions, and trouble understanding others. Learn communication strategies that can optimize your interactions, reduce your stress, and enhance your quality of life.

This FREE community workshop is presented by Judy McKellar, Executive Director of the Portland Chapter of the Alzheimer's Association. Judy speaks from personal experience since she has endured the devastation of Alzheimer's twice — both her parents struggled with the disease before their deaths.

Two SUPPORT MEETINGS Wednesday, May 19th from 2-3PM at Thelma's:

1. If you are seeking more information on understanding and caring for someone with Alzheimer's or you just need to talk about your caregiving concerns, this is a place for you.
2. Are you struggling with memory loss and want to learn what you can do to strengthen your memory or learn about memory loss issues? Come to the Early Memory Loss Support Group that meets the 3rd Wednesday of each month from 2-3PM.

**For information or directions to Thelma's Place call:
Mary (503) 502-4509 OR visit www.thelmasplace.org**