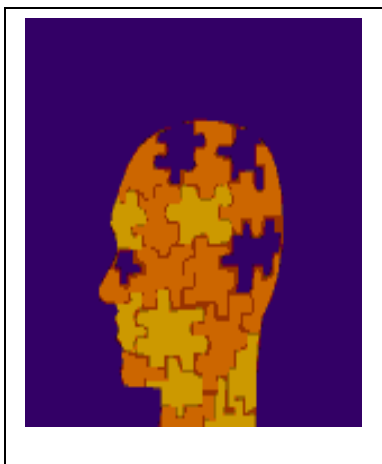


Community Education at Thelma's Place

Please join us for a **FREE** presentation
Friday, January 22, 2010

at

Thelma's Place www.thelmasplace.org
352 NW 2nd Avenue (located behind Canby Herald)



Lois Miller is a professor at the School of Nursing at OHSU and has conducted research on pain of people with cognitive impairment.

Topic for January is:

“Detecting Discomfort in People with Dementia: Focus on Behaviors”.

People living with dementia are no longer able to communicate to their caregivers when they are in pain or having discomfort. It's up to the people in their lives who support them to recognize their pain and get them the help they need. Lois's presentation will show:

1. How to identify the behaviors that cognitively impaired older adults may show when they are in pain or discomfort.
2. The ways you can help cognitively impaired older adults get relief of their pain or discomfort.

Lois Miller is a professor at the School of Nursing at Oregon Health & Science University and has conducted research on pain in nursing home residents with cognitive impairment. She has worked at Providence Willamette Falls Hospice for the past 17 years. She is a co-developer of the website geared for long term care staff with many resources for pain management in older adults. Visit www.geriatricpain.org for more info.

SUPPORT MEETINGS on 3rd Wednesday of each month 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. Topic for meeting for January 22nd is “Conversation starters to aid communication”
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

**Alzheimer's
Support Group**