

Are you a caregiver to a loved one with memory challenges?

You may be eligible to take part in an exciting free group music program!

WHO IS ELIGIBLE: Caregivers and loved ones with dementia who are living at home in Lake County.

GOALS: Music is an effective way to activate memories, increase communication, and provide social experiences for persons living with memory loss. Our goal is to research how a new group music program for persons living with dementia can help increase socialization and connection with the community.

WHAT:

- ❖ 6 group music sessions led by retired senior volunteers for you and your loved one.
- ❖ **For caregivers:** Learn how to use music as a tool to increase communication and receive new information each session on how to engage in meaningful activities at home.

WHY: Music can:

- ❖ Help with depression and anxiety
- ❖ Improve sleep patterns
- ❖ Improve quality of life
- ❖ Increase bonding between caregivers and loved ones
- ❖ Spark more frequent discussions
- ❖ Reignite the love of music
- ❖ Unlock past memories and provide meaningful connections with others



LOCATIONS:

- ❖ Mentor Senior Center 8484 Munson Rd.
Dates: July 3, 2018 through August 7, 2018 OR
 September 4, 2018 – October 9, 2018
 10 – 11 am 440-974-5725
- ❖ Willoughby Senior Center 38032 Brown Ave.
Dates: July 11, 2018 through August 15, 2018
 11 am – Noon 440-9512832
- ❖ Fairport Senior Center 1380 East Street
Dates: July 27, 2018 through August 31, 2018
 1:30-2:30 pm 440-354-3674
- ❖ Willowick Senior Center 321 E 314th St.
Dates: August 23, 2018 through Sept. 27, 2018
 10:30 -11:30 am 440-585-5112
- ❖ Perry Senior Center 2800 Perry Park Rd.
Dates: September 5, 2018 through October 10, 2018
 1-2 pm 440-259-3772

CONTACT US!

CALL RSVP LAKE COUNTY WITH QUESTIONS

(440) 269-3015

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