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

Receive a FREE iPod shuffle and accessories—yours to keep!

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