



LENDING LIBRARY

VISIT OUR LIBRARY ON THE 4TH FLOOR

For caregivers, families and the community; featuring books, videos and online resources. Confidential assistance is available. To view our catalog, visit keepmemoryalive.org/caregivers, go to library tab. To reserve an item, call 483-6033.

Open Monday thru Thursday

10:00 am-2:00 pm or by appointment

Receive a free gift when you check out a book!

CLEVELAND MUSEUM OF ART SERIES

1st and 3rd Tuesdays, 11 am-12 pm, Open to all

Conversations about art through videoconferencing

Jan 3: Tomb Culture of Ancient China

Jan 17: Gods & Heroes of India

COUNSELING

INDIVIDUAL, COUPLES & FAMILY THERAPY

Individual, Couples, and Family Therapy available to address concerns related to diagnosis and caregiving such as depression, anxiety, relationships, grief and loss, and coping skills.

Contact: Jennifer 483-6036, gayani@ccf.org

NEW CAREGIVER RESEARCH PROGRAM

Watch for more details about our new research program which provides individual therapy for caregivers.

Contact Jenna 483-6054, cliffoj@ccf.org

EDUCATION

WEEKLY LUNCH & LEARN

Wednesdays, 12-1 pm

Bring your lunch; bottled water & dessert provided

Broadcast to Reno, Elko & Pahrump

Jan 4 – In Case of Emergency: What Every Caregiver Should Know – Rodney Anderson, Cleveland Clinic

Jan 11 – Understanding Complementary Therapies
– Lisa Browder, Complementary Therapies Manager,
Nathan Adelson Hospice

Jan 18 – Is it Alzheimer's or Dementia? - Dr. Charles Bernick, Cleveland Clinic

Jan 25 – Planning for Long Term Care of a Loved One – Kim Boyer, CELA

Contact: Susan 483-6023, hirschs2@ccf.org

SUPPORT GROUPS

Memory Loss: Every Wednesday 1-2:30 pm

Ongoing weekly support group for adult family members caring for individuals with memory loss. Donna 483-6035

Huntington's: 4th Tuesday 12-1 pm

Separate groups meet once a month for gene positive individuals and adult family members. Jennifer 483-6036

Parkinson's: 2nd Tuesday 12-1 pm

Separate groups meet once a month for patients and adult family members. Jennifer 483-6036

Multiple Sclerosis : 2nd Tuesday 5 :30-6 :30 pm

Group meets once a month for friends and family members of those with MS. Donna 483-6035

CarePRO

Series of education workshops for caregivers of family members with dementia held off site. Chris/Susan 483-6055