



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

Feb 7: America Through Art: Emerging-1700's

Feb 21: America Through Art: Expanding-1800-1861

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

CAREGIVER COUNSELING PROJECT

Contact Jenna to learn more about the new research program which provides individual therapy for caregivers. (483-6054, cliffoj@ccf.org)

EDUCATION

WEEKLY LUNCH & LEARN

Wednesdays, 12-1 pm

Bring your lunch; bottled water & dessert provided

Broadcast to Elko & Pahrump

Feb 1 - Changes in Eating and Swallowing with Parkinson's, Dementia & ALS - Jill Pichette, MS, CCC-SLP, Valley Hospital

Feb 8 - If a Loved One Is Missing - Sgt. Peter Ferranti, LVMPD & Frank Mahoney, Nevada Center for Missing Loved Ones

Feb 15 - Healthy Aging - Lisa Rosenberg, MD

Feb 22 - New Horizons in Research, 2012 & Beyond, Part 1 - Kate Zhong, MD, Cleveland Clinic

Feb 29 - Healthy Meal Ideas - Chef Gustav Mahler, Gustav's Master Chef Catering

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: Feb 28, 12-1 pm

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

Parkinson's: Feb 14, 12-1 pm

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

Multiple Sclerosis: Feb 14, 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 educational workshops and individualized coaching for caregivers of family members with dementia; held off site. Chris/Susan 483-6055