# 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



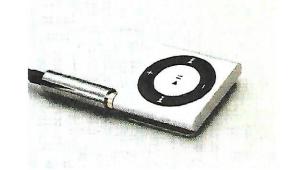
#### LOCATIONS - CALL THEM TO REGISTER:

- Mentor Senior Center 8484 Munson Rd. Dates: February 20, 2018 through March 27, 2018 10-11 am 440-974-5725
- Perry Senior Center 2800 Perry Park Rd.
  Dates: March 7, 2018 through April 11, 2018
  1-2 pm 440-259-3772
- Willowick Senior Center 321 E 314th St. Dates: February 1, 2018 through March 8, 2018 10:30-11:30 am 440-585-5112

### **CONTACT US NOW!**

CALL RSVP LAKE COUNTY WITH QUESTIONS

440-269-3015



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