

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

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

