

THE SENIOR SCENE ~ FEBRUARY 2023



We need you help!! Just a few reminders...

- **PLEASE** park your car between the lines in the parking lot.
- **PLEASE** report any incidents with your vehicle in the parking lot. We have had a few hit-and-run incidents and we do have cameras!
- **PLEASE** put your name on your umbrella and leave it by the front door.
- **PLEASE** do not take an umbrella that is NOT yours.
- When we call you, the Center's number shows up as spam. If you don't want to pick up the phone, let it go to voice mail. We have tried to call and, if you pick up and hang up, we cannot get in touch with you. We will always leave a message.



“Coffee with a Cause” National Wear Red Day!

On **Friday, February 3rd**, wear red for heart disease awareness. We will be collecting donations in the Café during Free for All Friday to donate to the American Heart Association. Together, we can wear red and be the **BIG** difference for a better life for women everywhere.

Thank you to all of you for the holiday wishes, goodies and tokens. We really appreciate you all and for thinking of the staff during the holidays!

~Staff of the Senior Center

Savings just for Seniors!

Amazon Prime offers a discount for seniors 60 and older who are on Medicaid. Go to Amazon.com and click on "Sign up for Amazon senior discount" from there you will be able to register.

Springfield Museums admission for Seniors, 60 and older, is \$16.50 which is a 44% discount off the regular \$25 price. Call 263-6800 for more details.

Cinemark Theaters offers Seniors the Silver Screen at a Golden Value! It's your golden opportunity to see something new and exciting on the silver screen—for less! Enjoy a Seniors Day movie ticket discount at the Cinemark theatre in West Springfield. Just call 733-5134 to find out which day is 'senior day' each week.

Seniors (60+) can ride with **PVTA** for 50% off regular bus fare and can receive a free Travel Training class! Travel Training helps to enhance freedom, mobility, and healthy living by providing safe, low cost transportation to help you stay active. In addition, Seniors can ride fixed route buses and shuttles for free every Tuesday. To obtain discounted fares, you must show a valid PVTA Senior ID & Senior Pass when boarding bus.

Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
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Program Coordinator

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Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Jorge Fialho

Dispatcher

David Snyder

Van Drivers

Jack Alves
John Garcia

Activity Asst.

Tammy Lasalle



What is a Senior Center?

Senior Centers exist to help aging adults enjoy the company of their peers and participate in activities that are healthy, engaging and fun.

Recognized and funded through the Older Americans Act, (OAA) as a community focal point, **Senior Centers** have become one of the most widely used services within the Aging Services Network.

Senior Centers aren't just a place for great programs and activities. Many Centers such as the Ludlow Senior Center also offer volunteer opportunities, provide outreach programs such as Fuel Assistance, SHINE services, Brown Bag, indoor and Grab and Go meals, and offer exercise programs, recreational programs, and other programs to further help older adults within our communities age in place.

There are approximately 10,000 **Senior Centers** in the United States which serve more than one million older adults every day. Visit us or one of the surrounding communities today!

Council on Aging Board

Diane Peacey- Chair

Janice Grimaldi- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Open Seat- Member

Rosalind Forti- Member

Fernando Barroso- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Frank Krzanik- Member

Debbie Johnson- Member

Mission: The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over **60 years** old, those with disabilities, and their families and caregivers, ensuring that they are represented before the town leadership, the Senior Center Director and the greater community. The Council works to identify the changing needs of this population and advises on policy making and program design. We focus on optimizing independence and quality of life, both physically and emotionally, in a way that is accessible to all.

Dignity ~ Independence ~ Inclusion

COA Board Spotlight— Frank Krzanik

Frank was born in Adams, Massachusetts and graduated from Adams Memorial High School. Within a week of graduating, Frank went to boot camp in Great Lakes, IL. He served aboard the USS Antietam, an aircraft carrier.

After an honorable discharge from the military, Frank began working for Hamilton Standard (a division of United Technologies), was promoted to supervisor, and eventually retired after 32 years.

Frank has been a longtime member of the Ludlow Senior Center. He spent many hours in the Greenhouse at the old building. He greatly enjoyed raising plants & flowers from seeds which he shared with other seniors.

Frank was also very involved in the Brown Bag program where he filled and delivered bags of food to homebound seniors.

Frank is the Sergeant of Arms at the Polish American Veterans club of Wilbraham and is also a member of the Polish American Citizens club in Ludlow. Frank resides in Ludlow with his wife and enjoys traveling, fishing, hunting and attending family events.

FEBRUARY TRIPS..... (Sign-ups begin February 1st)

DOLLAR TREE

Monday, February 6th ~ van leaves at 1:30pm

Join us as we visit the new Dollar Tree on Parker St.! Van is \$2.00.

LUNCH BUNCH

Wednesday, February 22nd ~ van leaves at 11:00am

This month we will visit the Olive Garden in West Springfield. Salad and breadsticks, anyone? The van is \$2.00 and lunch is on your own.



Winter Weather is HERE!
Please use the crosswalks to and from your car. Also, delays and closures will be posted on channels 22 and 40. Clean foot wear is required for all exercise classes!
Thank you!

ACTIVITIES...

Water color pencils will return in March!

COMPUTER HELP DROP IN MONDAYS AT 10AM

Drop in on Mondays with your computer/phone questions. We will be happy to help!

DECORATING COMMITTEE

Tuesday, February 7th at 1:00pm

Do you enjoy decorating large areas and dining rooms or creating centerpieces? If so, join us as we plan for upcoming events. New members always welcome.

TEA WITH THE TA

Wednesday, February 1st at 10:00am

Stop by the Café and enjoy a cup of tea with Town Administrator, Marc Strange. It is a good opportunity to meet him and talk about your praise and concerns in Town.

OPERA APPRECIATION

Wednesday, February 8th & 22nd 10:00am

Experience Opera as a dramatic story told through song. It is considered by many to be the most complete art form, combining all of the elements of art, words, & music.

TED TALK HOUR

Wednesday, February 15th at 1:00pm

After watching a short TED Talk video, Jodi will lead the group through interesting and spirited discussion.

WEEKLY ACTIVITIES...

KNITTING CLUB

Mondays at 9:00am

Join the knitting group to get help with your project and start your week with good friends and a lot of laughs.

BILLIARDS

Mondays, Tuesdays, & Thursdays at 12:30pm

Travel League meets Mondays. 8 Ball Round Robin on Tuesdays and Thursdays. Open billiards every morning. All welcome!

SCRABBLE

Mondays at 1:00pm

Love letters? Come have fun playing Scrabble. Show off your vocabulary or learn a few new words!

PITCH

Mondays at 1:15pm

Whether you are an old pro or new to the game, join us in the Great Room for many friendly hands of Pitch!

QUILTING GROUP

Tuesdays at 9:00am

Come create and show off your masterpiece, learn a new technique or simply enjoy time with friends.

CRIBBAGE

Tuesdays at 10:00am

Come play this game that involves grouping cards to create points which move you further along on the Cribbage board.

FEBRUARY CRAFTS WITH SUNSHINE VILLAGE Thursday, February 2nd and 16th at 10:00am

Join Sunshine Village to create a beautiful craft and painting. This activity is limited to the first 10 people to sign up.

BOOK CLUB

Thursday, February 23th at 2:00pm

Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid

March Book—*Florence Adler Swims Forever* by Rachel Beanland

If you love to read and have a conversation about books, this group is for you! New members always welcome!

TRIVIA

Friday, February 3rd and 17th at 10:30am

Teams will work together to answer trivia questions from pop culture, history, science, and more! If you know a little about everything, you will love playing trivia!

JEWELRY CLASS**

Friday, February 10th, 9:30am-11:00am (date change)**

Come and create your own jewelry! Make a handmade gift to give away for Valentine's Day. Sandy will help you create beautiful jewelry. Class is \$3 plus the cost of supplies

SUPER BOWL SNACKS

Friday, February 10th 10:00am

Enjoy football snacks in the Café in anticipation of the Big Game with

Beginning in February...the van is available until 6:30pm on Tuesdays. Come to the Center, go to the store or make a later appointment. As always a 24 hour notice is required. Call Dave 583-3564.

BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance!

CORNHOLE

Wednesdays at 1:00pm

Now that it is too chilly to play outside, join us inside on Wednesday afternoons for a couple of games of Cornhole in the Fitness Studio.

CERAMICS

Tuesdays~3:30pm, Wednesdays~9:00am, Fridays~1:00pm

You can bring your own piece or order one from us. Help is available as well as access to the kiln. Cost of the class is free except for what your order.

DOMINOS

Thursdays at 9:30am

Join us for a game of Mexican Train! No experience necessary.

MAHJONG

Thursdays at 1:00pm

Come join us for a lively game of Mahjong. Not sure what it is? Come check it out! New players welcome!

MAGIC CLASS

Fridays at 1:00pm

Come and learn a trick or two! No experience necessary.

EXERCISE...

EXERCISE ROOM

Monday—Friday 8:00am—3:00pm

Fitness Room Instruction Wednesdays 8-10am by Appointment

The exercise room contains treadmills, recumbent bikes and an elliptical. You must have your medical provider sign a new medical form prior to utilizing the equipment. There is a \$10 lifetime fee. If you paid it at the old building, you are all set.

PLEASE NOTE ... YOU MUST BRING CLEAN SNEAKERS WITH YOU TO USE THE EQUIPMENT!

WALKING CLUB

Monday-Friday 7:00am and 8:00am

Now meeting in the rear of the parking lot of the new building. It is a great way to start your day, meet new friends, and get some exercise! Join us and enjoy the chilly air! New members always welcome.

BOOMER BOOTCAMP

Mondays at 10:00am & Fridays at 8:45am and 10:00am

Have fun while using weights and light aerobic exercise to increase tone and endurance. Thanks to a generous donation to the Friends of Ludlow Senior Center from The Joseph and Anna Dias Family Foundation designated for exercise programs we are able to offer this class for \$1 or punch from your punch card.

Sign ups are required for Boomer Bootcamp

Please call ASAP and cancel if you cannot make class so that someone else can enjoy class! We have many NO SHOWS so PLEASE cancel if you can't come. Thank you!

LINE DANCING

Tuesdays at 9:00am

Learn how to line dance while having fun! This class is FREE of charge thanks to a grant from the Office of Elder Affairs.

MEETINGS...

VETERANS SERVICES

Tuesday, February 7th at 10:30am

Meet with Eric Segundo, Director of Veterans Services, to discuss any issues concerning benefits and/or services.

Registration is appreciated

REPRESENTATIVE SAUNDERS OFFICE HOUR

Tuesday, February 28th at 10:00am-11:00am

Stop by and meet with Jeremy Patenaude from Rep. Saunders' office to discuss any topics you feel are important to the community.

FRIENDS OF THE LUDLOW SENIOR CENTER

Thursday, February 9th at 10:30am

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the second Thursday of each month and find out what you can do to help.

GENTLE YOGA

Tuesdays at 10:30am

This gentle practice incorporates the principles of Hatha Yoga and provides approaches of slow, gentle movements with breathing, mindfulness, and stress release. **Please bring your own mat.** \$1 or punch from your punch card per class.

WESTERN DANCE LESSONS

Tuesdays at 1:00pm

If you love to dance, this is for you! There will be multiple forms of dancing to one song at a time. Instruction for line, swing and couples dancing. Partners, singles, and line dancers welcome. Free on behalf of a grant from the Office of Elder Affairs.

ZUMBA GOLD

Mondays at 2:30pm & Wednesdays at 10:00am

A modified Zumba class for active older adults with easy-to-follow choreography that focuses on balance, range of motion, and coordination. \$1 or punch from your punch card per class.

TAI CHI

Thursdays at 9:00am

Come join in this class where you are led through exercises of slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind. **Free Class!**

ACTIVE YOGA

Thursdays at 2:30pm

This class provides poses and a flow of postures with emphasis on body awareness, alignment and coordination of breath and movement. **Please bring your own mat.**

\$1 or punch from your punch card per class.



SENATOR OLIVEIRA OFFICE HOUR

Thursday, February 9th: 10:30am-11:30am

Stop by and meet newly elected Senator Jake Oliveira to discuss topics that you feel are important to your community.

COUNCIL ON AGING BOARD MEETING

Wednesday, February 15th at 4:30pm

Held the 3rd Wednesday of every month, this meeting is open to the public. This is an advisory Board that helps set policies and procedures of the Center. If you have questions about how things are done at the Center, please feel free to attend a meeting. Come see what the COA is all about!

The COA Board is seeking 2 new members and an alternate member. Please see Jodi if you are interested in becoming part of the Council on Aging.

SPECIAL LUNCHES...

Lunch and Learn

Wednesday, February 8th at Noon

"The Healthy Heart...the Beat goes On"

Presented by Diane Fay, Registered Dietician at Encompass Health. See the back page for more information.

You must register for Lunch & Learn.

Valentines Day Lunch!

Tuesday, February 14th
beginning at 11:00am

There's no better way to treat your love(s) on Valentine's Day than lunch at the Center! Join us for lunch and entertainment by Steve George.



Birthday Lunch!

Thursday, February 23rd**

Calling all February Birthdays! Join us for our monthly Birthday lunch. Let us know your birthday is in February and lunch is on us!



(**note date change)

MOVIES...

Jan 31 at 5:00pm &
Feb 1 at 1:00pm

***Lilies of the Field
1963***

Sidney Poitier—This classic dramatic comedy finds an introvert worker meeting East German nuns, who believe God has sent him to build them a chapel. 94 minutes

February 7 at 5:00pm &
February 8 at 1:00pm

Father of the Bride 2022

PG-13
Within a big Cuban-American family, father, Andy Garcia must come to grips with the impending marriage of his daughter This is a fun romantic comedy. 117 minutes

Feb 14 at 5:00pm
Feb 15 at 1:00pm

Lost Valentine PG-13

A journalist meets Caroline Thomas, Betty White, who for 60 years keeps her promise by waiting at the train station until her missing-in-action husband can finally keep his promise with her "lost valentine" when war separates lovers.

February 21 at 4:50pm
February 22 at 12:50pm

She Said R

Based on a true story, two New York Times reporters publish a piece that exposed sexual abuse allegations Hollywood producer Harvey Weinstein. **Early start time 129 minutes.**



WELLNESS...

BLOOD PRESSURE CHECKS AND FILE OF LIFE

Tuesday afternoons from 12:30pm-2:00pm

Friday mornings 10:00am-11:30am

Get your blood pressure checked and update your File of Life or complete a new one. A File of Life is a document with your medical information for emergency personnel just in case you are not able to provide it in an emergency. Update it for 2023!

FILE OF LIFE	
Name:	_____
Address:	_____
Doctor:	_____
Phone:	_____
EMERGENCY CONTACTS	
Name:	_____
Address:	_____
Name:	_____
Address:	_____

FOOT CARE WITH ANGELA KRAMER, RN, BOH

Thursdays by Appointment

Pedicures are \$20 and comprise a foot soak and nail trim (no polish). Appointments are required and can be made by calling the Center. Diabetics are required to provide a note from their doctor before foot care can be given. A mask is required at your appointment.

****Sign ups for February appointments begin February 1st. (We know appointments fill up quick. Please add your name to the wait list if you are unable to book an appointment.)**



FOOTCARE

HEART HEALTHY EATING

Wednesday, February 22nd at 9:30am

Meredith Starr from the Foodbank of Western Mass will show us heart healthy delicious meal, snack ideas and reducing sodium without losing flavor. Limited to 15 participants so be sure to sign up.

HEARING CLINIC WITH HERITAGE HEARING CARE

Thursday, February 9th 12:30pm-3:00pm

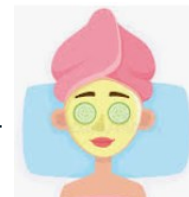
Having your hearing checked is important. Schedule your free hearing screening. Do you need your hearing aids checked, cleaned or need new batteries? New batteries are available also. Learn about hearing loss too. Call the Center for an appointment beginning January 3rd. **Masks and registration are required.**

FACIALS WITH DIANE

Diane Neill: Wednesday, February 22nd

Diane Neill, MA Licensed Esthetician, provides facials and additional skin care services starting at \$35. Light therapy and waxing services available. Appointments are required.

***March appointments are available beginning February 1st.**



SUPPORT...

GUIDANCE BY LI

Comfort and Support After Loss

Friday, February 17th at 1:00pm

Losing a loved one can be one of life's hardest challenges. While it is inevitable that we all face loss, society has not done a great job teaching us how to work through all of the emotions that are associated with grief.

Owner and Founder of Guidance By Li, Liane Smola, will join us monthly to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and sharing ideas how to support others in your life who also may be faced with grief.

Share the story of your lost loved one and receive soft guidance and support for your continued grief journey.

Please register for this session

Sponsored by the Executive Office of Elder Affairs

CAREGIVER COFFEE HOUR

Wednesday, February 15th at 10:00am

Are you a caregiver and want to connect with other caregivers for conversation, resource sharing and to not feel so alone? Join us for an informal coffee hour to meet, chat and share ideas. Call Jodi for more information.

FORGET- ME-NOT CAFÉ RETURNS

Welcoming Place for People with Memory Challenges and their Care Partner.

Monday, February 27th at 1:30pm

A calm and welcoming meeting place where those with memory challenges and their caregivers can enjoy a change of scene and routine. Meet other care partners, learn about resources and experience respite and renewal in your role of caregiver.

Each month we will enjoy pleasant activities to improve senses and evoke good memories and create unique conversations.

This program is supported by a grant from WestMass ElderCare, the Older Americans Act, and Executive Office of Elder Affairs.

Please register both caregiver and loved one

Are you an older adult (60+) looking to make connections with other LGBTQ+ folks?

Rainbow Social Club

The RSC is proud to offer Wednesday gatherings to bring our community of LGBTQ+ older adults together! Meetings are open to LGBTQ+ older adults (60+), younger partners and friends. Find out more by visiting wmeldcare.org/lgbtq and join the mailing list by emailing RainbowSocialClub@wmeldercare.org.

OUTREACH...

FUEL ASSISTANCE INFORMATION—LAST CALL!

Valley Opportunity Council has begun to accept Fuel Assistance applications. Please bring the following information with you to your appointment: Social Security benefit letter, pension information, electric, gas, oil, water, sewer, house insurance, and house tax bills for 2022.

Remember fuel assistance does not begin until November, and you have until March 2023 to file.

Please call 583-3564 to book an appointment. Please remember there is **NO DROPPING OFF** of paperwork. You **MUST** have an appointment. You will be responsible for mailing in your application to VOC. Unfortunately we can only accommodate Ludlow residents that are 60 and over. Thank you for your understanding.



IMPORTANT DIABETIC INFORMATION

As of January 1, 2023, the cost of a one-month supply of each Part D—covered insulin is capped at \$35. If you get a 60 or 90 day supply of insulin, your costs can't be more than these \$35 for each month's supply of each covered insulin. Please question your pharmacist if it is more than \$35 for each month's supply.

NEW COVID-19 TREATMENT HOTLINE

Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8:00am-10:00pm. This service is not for medical emergencies or those who have severe chest pain or shortness of breath. Please seek emergency services for those symptoms.

CENTER INFORMATION FORMS

Changes in your information? Has your emergency contact changed, moved or changed their number? Have you dropped your landline? Please fill out a new information form. We have had a few situations lately where we have incorrect information. Emergencies happen. Help us be prepared!

BROWN BAG PROGRAM

Tuesday, February 21st 1:00-3:00pm

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55 who meet income guidelines. Pickup is the third Tuesday of each month. **Call the Center for more information and application.**

Bag delivery is also available for those that cannot pick up their bag. Please call the Center if you need to have your bag delivered.



FRIENDS OF THE LUDLOW SENIOR CENTER

Who are "The Friends"?

We are an IRS 501c3 nonprofit organization created in 1984. Our goal is to financially assist the Ludlow Senior Center by raising funds which are used to supplement programs at the Center for our community.

Friends of the Ludlow Senior Center:

Kathy Green, President
Margaret Hinkley, Vice President
Stephanie Tyburski, Treasurer
Debbie Thompson, Secretary
Jackie Doyle, Assistant Treasurer

Next meeting:

Thursday, February 9th at 10:30am.



DONATIONS HAVE BEEN MADE:

In memory of Raymond LaRose:

Clovia Enos
Carole Kareta
Anna Kozicki
Lynda Milroy
Ruth Chappel
Helen Grabowski
Jackie O'Connell
Sylvia Ouellette

In memory of Robert Bardon:

Carol Sheehan
Charles & Rose Marie Laramee
Jules St. Pierre
Theresa Erikson
Ted and Rita Zember
Michael and Gayle Thomas
Peggy Bernard

In memory of Judy Dobek:

Lynda Milroy

In memory of Frederick Lafayette:

Matthew and Joan Pszeniczny
Ella Holbrook
Joanne & Bruce Fenney
Irene and Richard Punderson
Carolyn Goodman
The Cox Family
Marjorie & Allan Slotnick

Thank You Donation in honor of our staff and our wonderful lunches:

Ruth Chappel

Coming in May... **Shredding Event!**
Start collecting your old, outdated paperwork.
More info to come!



The Ludlow Big Y's Community Bag Program promotes local non-profits thru the sale of a reusable shopping bag. The price of the bag is \$2.50, a dollar of which will be donated to The Friends for the month of February! Why not replace those old bags with new ones and support The Friends at the same time. Buy your bags during the month of February at the Ludlow Big Y on Center St. The promotion applies only to the bags shown in the photo.

WE APPRECIATE EACH AND EVERYONE WHO MAKES A DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER. PLEASE BE SURE TO CUT OUT AND USE THE FORM BELOW TO ENSURE WE GET ALL OF THE INFORMATION NECESSARY TO RECOGNIZE YOUR DONATION.

DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of: _____

Send acknowledgement to (kindly indicate name, address & relationship): _____

Donation Amount _____ Check here to remain anonymous _____

Please make check payable to:

Friends of the Ludlow Senior Center

228 State Street, Ludlow MA 01056

Phone (413) 583-3564

The Friends are a non-profit 501(c)(3)

Please fill in all information



THE SENIOR SCENE

PLACE
STAMP
HERE

LUDLOW SENIOR CENTER ~ 228 STATE ST, LUDLOW, MA 01056

Lunch and Learn ~ **The Healthy Heart...the Beat Goes On** ~ Wednesday, February 8th.

Join Diane Fay, Registered Dietician at Encompass, as she will help clear up any concerns you have regarding your heart health by improving your meal plan choices. Medications can sometimes be impacted by the foods you eat. Diane will also alert and educate you as to when there is a possible interaction between your medications and your food choices.

Please watch WWLP TV 22, Western Mass News 40 or Facebook for weather related delays and closures. We follow the school closures. If the schools are closed for weather, the Center is also closed.

Greater Springfield Senior Services Family Caregiver Support Program and the MA/NH Chapter of the Alzheimer's Association have partnered to offer to FREE workshops in February and March. Educational programs presented by the Alzheimer's Assoc.

Understanding Alzheimer's and Dementia

Thursday, February 23rd 1:00pm-2:00pm

ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.

Understanding and Responding to Dementia-related Behaviors

Friday, March 24th 1:00pm-2:00pm

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

Workshops located at Greater Springfield Senior Services, 66 Industry Ave, Springfield, MA. To register, call 413-781-8800 ext. 339 or info@gsssi.org. Respite time may be offered to caregivers if coverage for loved ones becomes a barrier for attendance.