



## In-person lecture

Dementia Friendly Tempe Presents is a monthly series of **FREE** educational lectures to raise community awareness of memory loss conditions and help families access available resources.



**July 15 10-11:15 a.m.**

### Therapist's Toolbox: Caregiver Tips & Tricks

Spend an hour with a therapist whose expertise is focused on caregiving, aging and dementia. Discover the helpful skills real-life clients have gained from therapy—in their own words. Learn how to hold difficult emotions so you can decrease your stress and be more present for your loved ones and yourself.

**Presenter:** Cognitive Care and Counseling owner Michelle Zipser, LMSW, APHSW-C



**Aug. 12 10-11:15 a.m.**

### Meaningful Moments through Games

Whether you're a caregiver, a family member or friend, or a person living with dementia, memory games can help you to create meaningful moments with the people you care about. Learn how the Memory Lane Games app provides a therapeutic pathway to spark memories, stimulate conversation and establish connections through digital reminiscence.

**Presenter:** Memory Lane Games with Janné Gutierrez



**Sept. 9 10-11:15 a.m.**

### Reduce Your Risk of Falls

Falls are the leading cause of injuries for older adults, but they can be prevented. Discover how you can change your home and behavior to reduce falls as you age. Learn useful tips and activities to improve strength, balance, coordination and flexibility as well as how to safely recover after a fall.

**Presenter:** Arizona Falls Prevention Coalition



**Oct. 21 10-11:15 a.m.**

### Keeping Relationships Intact

People who have friends or family experiencing memory challenges don't always know what to do, what to say, or how to act. No matter what side of the relationship you are on, learn options for supporting someone with memory loss as well as how to share your loved one's journey with others without the fear of compromising their dignity and privacy.

**Presenter:** Successful Aging AZ with Dementia Educator Elaine Poker-Yount, CDP



**Nov. 18 10-11:15 a.m.**

### Music For Healthy Aging

Music has the power to touch people at all ages and stages of life. We'll discuss how music impacts the brain and how it can be used to support healthy aging. Topics will include options for using music in daily routine, when NOT to use music, and how to use music for your own well-being as a caregiver.

**Presenter:** Higher Octave Healing

Join us each month from 9:30 - 11:15 a.m. at the Tempe Public Library, 3500 S. Rural Road in the Desert Willow Room.  
Free respite care with a special program is available for loved ones in the Ironwood Classroom.



[tempe.gov/DFT](http://tempe.gov/DFT)

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