

Life-Times



alzheimer's association™

Savvy Caregiver Training Series

We are partnering with the local chapter of the Alzheimer's Association to offer the Savvy Caregiver Training Series. This series educates caregivers about Alzheimer's Disease and prepares caregivers for behavior changes, as well as equipping caregivers with strategies for successful and fulfilling care of their loved ones.

The series will be held at the Center on March 31st and April 2nd, 7th, and 9th from 3-5pm; please plan to attend ALL four sessions. The class provides a light dinner and all materials for free. Space is limited so please RSVP to Kristy Moorman (377-0978) by March 16th.



February highlight: We visited the OSU Museum of Art and saw the George R Kravis II Collection.



Equine Therapy- Starting Feb. 20th!

Equine Therapy is fast approaching! In collaboration with Turning Point Riding, starting February 20th, two miniature ponies (Baxter and Rosie) will be visiting once a week on Thursdays. Interested Participants will have the opportunity to spend time one-on-one with the horses and their handlers, learn about horse nutrition, and walk and groom the horses. The program will run from February 20th to March 12th, every Thursday from 10-11 am.



Don't forget to look at the calendar to see what else we will be doing! There are daily opportunities to challenge your brain, social events, and get in some physical activity. If you have any ideas for activities, speakers, crafts, outings, recipes, etc., don't hesitate to bring them to Gayla or Jessie!

Out and About



(weather permitting)

- Tues. the 4th: Stillwater Creek Living Center (A.M.)
- Wed. the 12th: Slim Chickens (P.M.)
- Thurs. the 20th: Eskimo Joe's (P.M.)
- Tues. the 25th: Library Bookworms-Animals! (P.M.)
- Thurs. the 27th: The Garage

CAREGIVER CORNER

All of these groups are free and open to the public:

Life Center Caregiver Support Group:
Wednesday, February 19th, 11:30-12:30.
Lunch provided. Rvsp to Valerie Bloodgood at 880-4434 or Kristy Moorman at 377-0978.

Parkinson's Support Group: Meets Tuesday, February 4th at 5:30 p.m. in room 217 at the Stillwater Public Library. Learn how different exercises and bowling can help with symptoms related to Parkinson disease. Guest speaker: Dr. Tim Passmore (Associate Professor, Recreational Therapy, OSU). Contact Sabiha Parveen at 405-744-5116 for more information.

It's Flu Season!

If someone has ANY combination of the following symptoms, we ask that they please NOT attend: fever, unusual body aches, fatigue, cough, sneezing, or runny nose. These are all flu symptoms. (If it's just a cold, come in if you feel up to it!) Also, there are some stomach bugs going around, so please also think of not attending if you are vomiting or having excessive diarrhea. There are many people here with compromised immune symptoms. If someone has these symptoms while at the Center, our nurse will notify the family.