

Speaker . . .

Kathryn Kilpatrick M.A. CCC/SLP

Speech-language pathologist, geriatric communication consultant, and memory fitness coach

Kathryn Kilpatrick's experience as a speech-language pathologist for 4 decades led to the development of Communication Connection. She is a national motivational speaker and the author of more the 35 products including conversation starters, therapy workbooks, reminiscence puzzles and her popular *Memory Fitness Toolkit*. She created Memory Fitness Matters to address the increased concerns many caregivers and family members have expressed about their memory and successful aging.

She is dedicated to enhancing the quality of life of older adults and supporting their families, friends and caregivers. Kathryn specializes in training staff and volunteers in maximizing communication and connection with older adults with hearing , vision, memory challenges and how to modify activities.

For decades she has been helping those families who have loved ones with Alzheimer's disease or a related dementia to enhance the quality of the journey they walk together as she did with her mother. She now provides training on person-directed care, creating a lifestyle care plan and private consultations so others can learn how to meet a person where they are currently able to function to maximize safety and interactions.

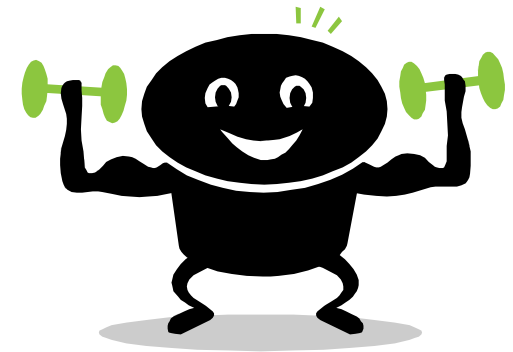
Kathryn writes articles and blog on eldercare concerns for ElderCarelink and is introducing her own blog with a weekly tip for memory fitness and successful aging. Visit Kathryn's Blogs at www.connectionsincommunication.com for a detailed list of topics with links including her suggestions for a 7 day memory fitness plan.

The Institute for Healthcare Education
Menorah Park Center for Senior Living
Bet Moshav Zekenim Hadati
27100 Cedar Road – Beachwood, OH 44122
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MEMORY FITNESS

What you Need to Know . . .



February 27, 2012

**BENHA, NCCAP &
Social Work**
Approved 3 CEUS

Agenda

8:30 – 8:45

Registration/Continental Breakfast

8:45 – 9:15

Major Causes of Memory Problems

9:15 – 9:45

Changes in Memory with Aging

9:45 – 10:15

Basics of Memory Enhancement

10:15 – 10:30 – BREAK

10:30 – 11:00

Impact of Multitasking & Distractions

11:00 – 11:30

Effective Strategies for Typical Minor Frustrations

11:30 – 12:00

Activities that can be Incorporated into a Memory Workout

12:00 – 12:15

Questions/Answers/Evaluations

MEMORY FITNESS – WHAT YOU NEED TO KNOW!

Memory fitness is a key concern of all ages. Research supports the fact that challenging your brain is an important component of successful aging. Understanding the basics for memory fitness is important for maximizing our daily memory fitness. This program expands your knowledge on ways to support cognitive vitality through the decades of life. Learn ways to increase brain challenges with new activities.



Memory tip: Notice what happens to your stress level as you do two things at once or jump from one thing to another. You may have been feeling pretty calm until the craziness of multitasking came into the picture. **Consider this:** Going somewhere? Leave a half hour earlier than you need to. Slow your pace and just notice. What do you see? Seeing anything different? Was it always there? Were you comfortable taking your time? **"A cluttered mind is little better than an empty one" Anonymous**

Registration

February 27, 2012

Name

Organization

Address

City

Zip

Telephone

Email

Program Fee: \$85

Please mail registration form with accompanying payment to:

The Institute for Healthcare Education at
Menorah Park

27100 Cedar Road - Beachwood, Ohio 44122
Phone: 216-360-8216 / Fax: 216-378-4007

aschanzel@menorahpark.org

To register online or for addition seminar information. Visit our website:

www.menorahpark.org

Method of Payment:

{ } Check { } Visa { } Master Card

Card Number

Name on Card

Expiration Date

CID (3 digits on back)

NOTE: Registration deadline is 3 business days prior to the program. Payment must be made in full prior to attending course. There will be a \$25 processing fee for all cancellations. No refunds will be given after registration deadline. Substitution of participants is permitted. Also, please note that The Institute for Healthcare Education is located within Menorah Park Center for Senior Living. Menorah Park is a kosher, Jewish facility. Your cooperation is requested in the observance of dietary laws, which require that no food or beverage be brought into the building. Thank you.