

## Providing Dignity, Hope, Joy and Safety: Dementia Classes on Saturday, September 14

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THRIVE! Southern Lorain County



September 8, 2019 -- LIFE, a Dementia Friendly Family Foundation (<https://dflife.org>) and [THRIVE! Southern Lorain County](#) ([Website](#) | [Profile](#)) are joining hands to give the public presentations on how to create positive, meaningful encounters with those who live with dementia.

The four, 45-minute presentations will take place on Saturday, September 14, from 10 a.m. to 2 p.m. at the First Congregational Church at 140 South Main Street in Wellington.

Carol Klingler, co-founder of LIFE, will make the presentations. LIFE's mission of faith is to care partner with anyone touched by dementia, and offer resources, education and engaging activities that promote and improve quality of life. LIFE does this by creating positive moments, listening, focusing on abilities vs. disabilities, treating others with dignity and respect, providing a safe environment and providing intergenerational opportunities.

### "Memory Cafe"

A key goal of the Saturday 14 event is to build a support program for those with dementia in the Wellington community. Plans are underway to create a "Memory Caf  ," which will provide programming for both the patient and the caregiver. Individuals, churches, businesses and organizations are encouraged to participate in the presentations with the possibility of becoming recognized as "Dementia Friendly."

Please R.S.V.P. to the event by calling Stephanie at 440-647-2414, or by emailing her at [soneil@sprengerhealthcare.com](mailto:soneil@sprengerhealthcare.com). To get more insight into LIFE, please watch a video [here](#).

### Dementia: What Is It?

In the U.S. it is estimated that at least five million individuals have age-related dementias, with one in six women and one in 10 men who live past the age of 55 developing dementia in their lifetimes.

Dementia can be defined as a decline in cognitive performance, a loss of mental skills that affects daily life. It can cause problems with memory and how well one can think and plan. Some of the more common forms of dementia in the elderly include Alzheimer's disease, vascular dementia and Parkinson's disease with dementia. Alzheimer's disease accounts for up to 70% of the dementia in the elderly, with vascular dementia accounting for most of the rest.

Some cases of dementia are caused by the presence of genetic mutations or the presence of pro-dementia genes. Aging is the single biggest risk factor for the development of dementia. Studies are finding that a number of dietary and lifestyle choices can also modulate the development and progression of dementia and brain pathology.

Source: Institute for Dementia Research and Prevention

### **Numbers Expected to Increase in Ohio**

In 2014 the number of people in Ohio estimated to have Alzheimer's alone is 210,000.

By the year 2025, that number is expected to increase by 19 percent.

### **About THRIVE! Southern Lorain County**

THRIVE! Southern Lorain County is committed to increasing access to affordable opportunities to live healthier through improved nutrition, increased physical activity and informed behavioral health - all to reduce the risks of heart disease, diabetes and obesity in the region. The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from United Way of Greater Lorain County.