



# CoAction & AVIVA Lunch & Learn

## WHAT IS LUNCH AND LEARN?

Lunch & Learns are educational sessions that provide opportunity for discussion and resources about topics related to living with dementia or caring for someone with dementia.

### How To Join Us

#### Save the Date!

**First Tuesday** of Every Month  
starting April 7th

11:30 am–1:30 pm CST  
AVIVA  
1300 Vale Park Rd,  
Valparaiso, IN 46383

#### Register!

**Registration is required** since lunch is provided.

**RSVP to Tricia** at AVIVA at  
**219-531-2484** or

**[tcatlin@avivaseniorliving.com](mailto:tcatlin@avivaseniorliving.com)**



## WHAT WILL WE COVER?

**07 April**

### **Communicating Effectively:**

Teaches how dementia affects communication, including tips for family, friends, and healthcare professionals

**05 May**

### **Responding to Dementia Behaviors:**

Details behavior changes and how they are a form of communication, approaches to behaviors, and recognizing when help is needed.

**02 June**

### **The 10 Warning Signs:**

Helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

**07 July**

### **Supporting Independence:**

Focuses on helping PLWD take part in daily activities, providing the right amount of support, and balancing safety and independence while managing expectations.

**04 August**

### **Dementia - More Than a Diagnosis:**

Explores the hidden impact of dementia, how senses may change, and practical strategies for better interactions.

**01 September**

### **Brain Health Awareness:**

Highlights available resources to support brain health and reduce risk of developing dementia.