

ALL EVENTS ARE ONLINE unless otherwise noted.
Details at: clevelandclinic.org/NevadaEvents

SPECIAL EVENTS
NEW PROGRAM

 **MINDFUL MUSICKING**
STARTING NOVEMBER 9

In-Person – Thursdays
2:30 pm – 3:30 pm PT

NO SESSION – NOV 23

Designed for those living with memory loss or cognitive changes.

REGISTRATION REQUIRED

louruvomusictherapy@ccf.org or
216.769.0230

 **THE MANY FACES (AND PHASES) OF PARKINSON'S**

FREE In-Person Event

Keep Memory Alive Event Center
888 W. Bonneville Avenue

Saturday – November 4
10:00 am – 2:00 pm PT

Parkinson's is NOT a one size fits all condition. Join us as we explore its rich history, discuss diagnostic methods, and challenge the idea of it being a single disease.

Register: <http://qcmd.co/WhatisPD>



LUNCH & LEARN

In honor of Barbara "Spicy Lady" Edmonds



ZOOM WEBINAR ON WEDNESDAYS: 12 noon - 1 pm PT

Register here for viewing link: <https://bit.ly/2NupxEm>

View archived sessions on the patient & caregiver tab at: <https://CCEDNV.org>

ALL NOV 1: AN ELOQUENT EXIT: YOUR LIFE, YOUR LEGACY

Mary McElhattan
Palm Mortuary & Cemeteries

You may or may not know there are many choices in planning a funeral. When you plan your arrangements in advance, you can help your family avoid making difficult decisions during a time of grief and provide a rich legacy.


ALL NOV 15: CARING FOR THE CAREGIVER

Lucille Carriere, PhD
Cleveland Clinic

Care partners learn tips and strategies to help enhance their mental health and personal well-being and gain valuable insights on managing the stress of caregiving.

ALL NOV 8: NO SESSION

ALL NOV 22: NO SESSION

 **NOV 29: DANCE FOR PD® - A MARVELOUS TOOL FOR PARKINSON'S MANAGEMENT**

Pamela Lappen, MA, BFA
Dancing With Parkinson's

Through music and movement research-backed Dance for PD® classes provide cognitive and physical benefits for those living with Parkinson's disease. Discover how Dance for PD® can improve the quality of your life.

CAMPUS & COMMUNITY EVENTS

 **DEALING WITH DEMENTIA**

FREE In-Person Family Caregiver Workshop

Tuesday, December 12

9:00 am - 2:00 pm PT

Includes Lunch

To Register call: 702-271-9563 or email

LouRuvoSocialServ@ccf.org

ALL NEVADA SENIOR SERVICES VACCINE CLINICS

FLU • SHINGLES • PNEUMONIA • COVID

Adult Day Care Center; 901 North Jones Blvd., 89102

Friday, November 10, 9:00 am – 1:00 pm PT

Adult Day Care Center – Henderson; 1201 Nevada State Drive, 89002

Thursday, November 30, 9:00 am – 12:00 pm PT

RSVP – 702.333.1548 Ext 215

LYNNE RUFFIN-SMITH LIBRARY

Open Mon-Fri 9:00 am to 4:30 pm PT OR
Download the Libby App; Add Cleveland Clinic Library; Type in Patron ID. To obtain an ID call: 702.271.9563 or email: louruvolib@ccf.org



Book of the Month:
On-site & in our E-library:

The 36-Hour Day
By Nancy L. Mace

ADDITIONAL DETAILS ON ALL EVENTS: clevelandclinic.org/NevadaEvents

THANKS TO GENEROUS DONORS, ALL PROGRAMS ARE OFFERED TO THE COMMUNITY AT NO COST

COMMUNITY THERAPEUTIC SERVICES

-  **GROUP MUSIC THERAPY FOR INDIVIDUALS WITH MEMORY LOSS**
A virtual place for friends to connect through music and song.
Tuesdays & Fridays
1:00 pm – 2:00 pm PT
Email: louruvoswgroup@ccf.org
-  **RHYTHMIC REHABILITATION**
In – Person on Mondays
1:00 pm – 2:00 pm PT
NO SESSIONS Nov 13 & 20
Pre-screening and registration required.
Email
louruvomusictherapy@ccf.org or
call 216.769.0230
-  **ALL CHAIR YOGA FOR PERSONS LIVING WITH A NEUROLOGICAL CONDITION AND/OR CARE PARTNERS**
All diagnoses welcome. Instructors provide appropriate adaptations.
Wednesdays, 11:00 am – 12:00 pm PT
Registration and waiver required.
Email: louruvoswgroup@ccf.org




SUPPORT GROUPS

FOR CARE PARTNERS



-  **FRONTOTEMPORAL DISORDERS (FTD) & PRIMARY PROGRESSIVE APHASIA (PPA)**
First & Third Wednesday
Nov 1 & 15, 6:30 pm – 8:00 pm PT
Email: louruvoswgroup@ccf.org
-  **DEMENTIA WITH LEWY BODY (DLB)**
First and Third Wednesday
Nov 1 & 15, 2:00 pm – 3:00 pm PT
Email: louruvoswgroup@ccf.org
-  **CARING FOR PERSONS WITH MEMORY LOSS – PEER-LED GROUP**
Second and Fourth Wednesday
Nov 8 & 22, 1:15 pm – 2:15 pm PT
Email: LouRuvoPeerSupGrp@ccf.org




FOR INDIVIDUALS AND CARE PARTNERS

-  **PARKINSON'S DISEASE (PD)**
Fourth Tuesday
Nov 28
11:00 am – 12:00 pm PT
Email:
louruvoswgroup@ccf.org
-  **HUNTINGTON'S DISEASE (HD)**
Third Thursday
Nov 16
12:00 pm – 1:00 pm PT
Email:
louruvoswgroup@ccf.org
-  **MS MULTIPLE SCLEROSIS**
Second and Fourth Monday
Nov 13 & 27
2:00 pm – 3:00 pm PT
Email:
louruvoswgroup@ccf.org



ENGAGEMENT ARTS

Open to patients and community
Contact 702.271.9563 for ONLINE location of arts events

-  **CONVERSATIONS TO REMEMBER**
Second & Fourth Monday
Nov 13 & 27
11:45 am – 1:00 pm PT
Telling stories through art is fun, can foster creative thinking and stimulate distant memories in individuals experiencing memory loss.
-  **ALL THE LEARNING ARTS – First & Third Tuesday**
Eclectic excursions via videoconferencing with museums across North America.
Tuesday, Nov 7, 11 am – Noon PT
Invasive Species and Biodiversity – *Royal Botanical Gardens*
Tuesday, Nov 21, 11 am – Noon PT
The History of Jazz: Swinging Through Time – *Manhattan School of Music*
-  **ALL MIND IN DESIGN – An Art Making Class for Everyone. ONLINE! Art kit provided.**
Accepting Reservations through **Nov 10** for Monday, Dec 4 10:30 am–12:30 pm or 1:00 pm – 3:00 pm PT

TO SIGN UP TO RECEIVE THIS MONTHLY FLIER VIA EMAIL, CONTACT LouRuvoSocialServ@ccf.org