

Alzheimer's Project kicks off 2017 with 'Purple Craze'

Debbie Moroney CEO, Alzheimer's Project 3:14 p.m. ET Jan. 8, 2017



Alzheimer's Project is getting ready to "purposely go purple" at the fifth annual Purple Craze Party on April 22 at The Moon. Purple Craze features The Blues Factor, the Southeast's number one party band, famous for their live horns and high energy. You'll hear the hottest hits from the past to the present including Classic Rock, Motown, Funk and R&B.

The evening will also showcase a Battle of the Chef's, where you'll taste the signature dishes of the area's leading senior residences, and you can participate in a Silent Auction, Dance Competition, and Costume Contest. Tickets are \$25 apiece or two tickets for \$45. For more information or to purchase your tickets, call

Betsy at 386-2778.

The 32nd Annual Alzheimer's Disease Education and Training Conference will be held February 18th from 8 a.m. to 3 p.m. at the FSU College of Medicine. The keynote Speaker will be Dr. Ken Brummel-Smith presenting on "Person-Centered Care." A variety of workshops will include information on nutrition, legal and financial information, healthy practices for mind-body-spirit, and managing adverse behaviors. The conference is designed for both family caregivers and professionals working in the field. CE's are available. Call Stephanie at 386-2788 for more information.

Caregiver Support Services expanded! Caregiving is a challenge, whether you are providing care in your home, through a facility, or at a distance. You need not be alone in this journey! On Tue., Jan. 24 at 6 p.m., an ongoing, evening support group for caregivers will begin at Temple Israel. Caregivers will share how to care for yourself while providing for others, and review the important resources that are available to you in the community. Respite care is available. Call Maggie at 386-2778 for more information and to confirm your participation.

If you are a caregiver, you will not want to miss Powerful Tools for Caregivers! This six-week course teaches caregivers how to take better care of themselves, improve communication, reduce personal stress, and so much more. Classes will be offered multiple times beginning in February. Call Megan or Stephanie at 386-2778 to register.

Take the NEW AARP Smart Driver Course

You could reduce your overall maintenance and car insurance costs! Refresh your driving skills and learn the new rules of the road. Learn research-based driving strategies to help you stay safe behind the wheel. There are no tests to pass. \$15 for AARP members; \$20 for non-members. Sign up today! Seating is limited. Call Ernie Conte @ 850-926-4605 for details and to register for one of these classes:

Allegro Inspired Living, Tue., Jan. 24, 9-3:30

Cherry Laurel, Sat., Feb. 18, 9-3:30

Leon County School Board, Mon., Mar. 6, 9-3:30

Westminster Oaks, Sat., Mar. 18, 9-3:30

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