



## Upcoming Wellness Programs



### **Matter of Balance Falls Management in JACKSON COUNTY**

*Mondays from March 9th until April 27th • 12 Noon - 2:00 pm*

*Seton Square, Wellston*

### **Diabetes Self-Management in LAWRENCE COUNTY**

*Wednesdays from March 11th until April 15th • 1:00 pm - 3:30 pm*

*Proctor's Landing, Proctorville*

### **Matter of Balance Falls Management in JACKSON COUNTY**

*Thursdays and Fridays from March 12th until April 3rd • 9:30 am - 11:30 am*

*Jackson County Senior Citizens Center, Jackson*

### **Matter of Balance Falls Management in LAWRENCE COUNTY**

*Thursdays and Fridays from March 12th until April 3rd • 1:00 pm - 3:00 pm*

*First Baptist Church, Proctorville*

### **Matter of Balance Falls Management in PIKE COUNTY**

*Thursdays and Fridays from March 12th until April 3rd • 1:00 pm - 3:00 pm*

*Pike County Senior Center, Waverly*

### **Chronic Pain Self-Management in HIGHLAND COUNTY**

*Thursdays from March 19th until April 23rd • 1:30 pm - 4:00 pm*

*Highland County Senior Center, Hillsboro*

### **Chronic Disease Self-Management in SCIOTO COUNTY**

*Tuesdays from April 7th until May 12th • 1:00 pm - 3:30 pm*

*Riverview Retirement Center, Portsmouth*

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**Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.**

**Our schedule is updated often - log on to our website at [www.aaa7.org](http://www.aaa7.org) to see our recent Upcoming Events.**

*Financial planning will assure that the property of the person in your care—no matter how little he or she has—goes to the people he or she chooses as quickly and as cheaply as possible. Read the issue and answer True or False to the questions below.*

1. *Long-term planning will help you and the person with Alzheimer's feel more secure, no matter what the future brings. T F*
2. *A will is a legal document that spells out how money and property is to be given out after death. T F*
3. *When planning for the future, expert advice can be helpful, as the laws change and depend on where you live. T F*
4. *Conservatorship is a legal proceeding in which the court names an individual to handle another's finances when that person becomes unable to do so. T F*
5. *It is important to decide how future health care, legal, and financial decisions will be made before the person with dementia can't participate. T F*
6. *You can wait until the late stage of Alzheimer's for the person to prepare a letter of instructions. T F*
7. *Dementia can strip individuals of their ability to control their world, so small choices become very important. T F*
8. *A court must find a person to be mentally incapacitated and in need of someone to step in as decision-maker before a guardian will be appointed. T F*
9. *Fatigue is generally not a problem for caregivers and those recovering from illness. T F*
10. *Financial and health care decisions should be recorded in legal documents to make sure the family has enough information about the wishes of the person in their care. T F*

**KEY:** 1. T 2. T 3. T 4. T 5. T 6. F 7. T 8. T 9. F 10. T