

# *Smyrna United Church of Christ*

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FOR IMMEDIATE RELEASE

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## **Communication and Dementia**

When a friend or loved one is diagnosed with any type of dementia, it can be a frightening time. Yet there are many strategies that can be used to improve communication and maintain the bonds of your relationship moving forward. Janis Jasinski of the Alzheimer's Association of Oregon will be the featured speaker at Smyrna's Memory Café on Friday, June 2<sup>nd</sup> at noon. This will be our last Memory Café before our summer break, and all are welcome.

**Smyrna's Memory Café on Friday, June 2<sup>nd</sup> from noon to 1:30** will include other brain health information, handouts, and activities, and will include a light lunch. **There is no cost, although free-will donations are accepted for lunch. Reservations are required by Wednesday, May 31<sup>st</sup>** by calling 503-689-4450.

Over the summer, we encourage you to get out there and move! Exercise, socialize, learn something new, go somewhere new, eat healthy food, get some fresh air, get enough sleep, manage your medications, take time to meditate, and smell the flowers. And we will see you back on Friday, September the 8<sup>th</sup>.

For more information about the Memory Café, visit the Smyrna UCC website at [www.smyrna-ucc.org](http://www.smyrna-ucc.org).

*God is still speaking,*  
**UNITED CHURCH  
OF CHRIST**

