

## ***News Release***

### **SAINT THERESE EVENT IN AVON HELPS FAMILIES NAVIGATE AGING BEFORE CRISIS HITS**

*Local experts share guidance on dementia, downsizing, senior housing, and care transitions*

**Avon, Ohio (April 1, 2026)** – Families on Cleveland’s west side gathered last week for a Saint Therese Family Support Series event focused on one of the most common challenges adult children face: how to navigate aging-related decisions before they become urgent.

The program was hosted by Saint Therese, a senior living and care provider serving older adults and families.

Held March 24 at Avon Public Library, the event brought together regional experts to share practical guidance on senior housing, Alzheimer’s and dementia, estate planning, healthy aging, moving and downsizing, and care transitions.

The event is part of Saint Therese’s ongoing Family Support Series, designed to help adult children understand what to expect as parents age and plan ahead with greater confidence.

A central theme throughout the evening was the importance of early awareness, particularly when it comes to cognitive health.

“Getting a diagnosis early can make a meaningful difference, both in understanding what’s happening and in accessing available treatment options,” said Mary Schwartz of the Alzheimer’s Association, Cleveland Area Chapter. “It also gives families more time to plan, have conversations, and make decisions together.”

Speakers also emphasized ways families can support long-term independence and well-being. Topics included maintaining strength and mobility through regular activity, staying socially and cognitively engaged, and preserving daily routines that contribute to a sense of purpose.

The program also addressed one of the most emotionally complex transitions families face: moving. Experts noted that relocation later in life can trigger a period of adjustment, sometimes referred to as “relocation syndrome,” and encouraged families to involve loved ones in decisions as early as possible to help maintain a sense of control and reduce stress.

In addition to the panel discussion, attendees had the opportunity to connect directly with speakers during breakout sessions, asking questions and exploring their own family situations in a more personal setting.

Saint Therese launched the Family Support Series in 2025 to reach adult children earlier in the aging journey, offering education and resources before decisions become reactive.

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**About Saint Therese:** Minnesota-based Saint Therese was founded in 1964 and prides itself on its rich tradition of providing exceptional care for seniors. It has locations and services in Brooklyn Park, Woodbury, Corcoran, Shoreview (all Minnesota), IHM Senior Living Community in Monroe, Mich., St. Mary of the Woods in Avon, Ohio, and Saint Therese of Westlake in Westlake, Ohio. Most communities provide the full continuum of care from independent living, assisted living, memory care, skilled nursing and transitional care. Saint Therese at St. Odilia in Shoreview specializes in hospice and palliative care. Ascend Rehabilitation provides rehabilitation therapy, health and wellness services. Saint Therese is a nonprofit, 501©(3) senior care organization.

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