To register for a program or find a support group in your area, call 1-800-272-3900

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS
Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.
Registration required. Designed for family caregivers; please no professionals.

DATE: March 3, 2016   TIME: 1:00pm-2:30pm
LOCATION: Clark County Public Library, 370 S. Burns Ave., Winchester, KY 40391

DATE: March 7, 2016   TIME: 1:00pm-2:30pm
LOCATION: Cumberland Valley Area Agency on Aging, 342 Old Whitley Rd., London, KY

DATE: March 16, 2016   TIME: 1:00pm-2:30pm
LOCATION: Boyle County Public Library, 307 W Broadway St, Danville, KY

EVERYDAY ACTIVITIES: FINDING MEANING IN THE MOMENT
Explore creative avenues for connecting with your loved one diagnosed with dementia by sparking old memories and helping them to have meaningful experiences regardless of their current abilities. Registration is required as space is limited. Please call 1-800-272-3900. A $5 donation suggested. Designed for family caregivers; please no professionals.

DATE: March 3, 2016   TIME: 2:00pm-3:30pm
LOCATION: Alzheimer’s Association, 465 High Street, Suite 200, Lexington, KY

LEGAL AND FINANCIAL PLANNING FOR ALZHEIMER’S DISEASE
If you or someone you know is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. The speaker will be Attorney Robert McClelland. Registration required. Designed for family caregivers; please no professionals.

DATE: March 10, 2016   TIME: 5:00pm-6:30pm
LOCATION: Lexington Public Library, Beaumont Branch, 3080 Fieldstone Way, Lexington, KY

Light dinner will be provided by Bridgepointe at Ashgrove Woods
To register for a program or find a support group in your area, call 1-800-272-3900

FAMILY CAREGIVER WORKSHOP
This program is produced specifically for family and friend caregivers, offering information and ideas on Alzheimer's disease related topics. Experts specializing in aging and Alzheimer’s care will present on a wide range of subjects that help caregivers address the demands of providing for a person with dementia. Dr. Greg Cooper is speaking. Registration required. Registration fee $10. Designed for family caregivers; please no professionals.

DATE: March 11, 2016      TIME: 9:00am-4:00pm
LOCATION: Madison County Extension Office, 230 Duncannon Ln., Richmond, KY

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EFFECTIVE COMMUNICATION STRATEGIES
Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Registration required. Designed for family caregivers; please no professionals.

DATE: March 23, 2016     TIME: 10:30am-12:00pm
LOCATION: Boyd County Library Main Branch, 1740 Central Ave., Ashland, KY

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When it's not possible to be at one of our local programs in person, take advantage of our online opportunities. A wealth of information and tips are available 24 hours a day. Go to http://elearning.alz.org/home.aspx

The Kroger community Rewards Program is the easiest way to donate to the Alzheimer's Association simply scan your Kroger Plus Card. To register your Kroger Plus card online, go to www.krogercommunityrewards.com
To register for a program or find a support group in your area, call 1-800-272-3900

MEMORY CAFÉ-RICHMOND
The Memory Café is a social group comprised of people who have memory loss and their loved one(s). The Memory Café provides an informal setting for caregivers and their loved ones with memory problems to socialize and interact with other families. It encourages friendship and acceptance.

This program is offered in partnership with the EKU Department of Occupational Science and Occupational Therapy.

Call Katherine Nicholas, MS, OTR/L, QDCS 859-893-0653 or email theplacetobe@eku.edu for more information. Registration required.

MEMORY CAFÉ AQUATICS PROGRAM- RICHMOND
Remember all of those warm summer days spent at the swimming pool? A specialty aquatics class for individuals experiencing memory loss and their care partners will take place at the Telford YMCA. A YMCA membership is not required. Admission is free for YMCA or Silver Sneaker Members OR non-members may pay $5/session. The program is drop in if a care partner is present, or through reservation if a community volunteer is needed for assistance. This program is offered in partnership with the YMCA and the EKU Department of Occupational Science and Occupational Therapy. To register or for more information, please contact Katherine Nicholas at 859-893-0653.

MEMORY CAFÉ- LEXINGTON
The Memory Café provides an informal setting for caregivers and their loved ones with memory problems to socialize and interact with other families and professionals, while sharing old and creating new experiences. Registration required. Call Alyssa at 859-257-8971. Designed for people in the early stages of memory loss and their caregivers; please no professionals. This program is offered in partnership with Sanders-Brown Center on Aging

DATE: March 14, 2016 TIME: 3:00pm-5:00pm
LOCATION: Episcopal Diocese of Lexington, 203 East 4th St., Lexington, KY

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