

# alzheimer's association™

## Central and Western Kansas Chapter

347 S Laura, Wichita, KS 67211

316.267.7333 or 800.272.3900

[www.alz.org/centralandwesternkansas](http://www.alz.org/centralandwesternkansas)

## 2012 Educational Calendar

Programs provided throughout the year

Call 316-267-7333 to reserve a spot

**Living with Alzheimer's for Caregivers** is a series of education programs that provide answers to the questions that arise in the early, middle and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan and what you can do at each point along the way.

The **Monthly Caregiver Series** is designed to answer some of the more pressing questions that arise when caring for someone with Alzheimer's and related Dementias. Monthly presentations will be given on a selection of key topics by professionals in the field.

- **Basics of Alzheimer's Disease:** Introductory information to help understand the disease process, help reduce your risk, and what to do when you suspect Alzheimer's or have just been diagnosed.
- **Caregiver Stress:** Caring for someone with Alzheimer's or dementia can be very stressful. Let us help you learn how to reduce unnecessary stress and make your life more manageable.
- **The Aging Community:** an overview of what resources are available and how to use them.
- **Difficult conversations:** a guide to how to approach subject like driving, in-home or facility care, medications, and more.
- **Behavior and Communication:** Tips on how to better communicate and handle troubling situations and behaviors with a dementia patient.
- **Legal and Financial Concerns:** Tips on what you need to do and when you need to do it to prepare for your legal and financial future.
- **Safety in the Home and Community:** Some of the most common safety issues and how to address them before they become a problem.

### Public Education

*Available Upon Request*

*Call 316-267-7333 for reservations or details*

#### **What is Alzheimer's Disease?**

An introductory presentation on Alzheimer's disease which provides basic information on common signs and helpful communication techniques, as well as clear definitions of Alzheimer's and the most common dementias.

#### **The Ten Warning Signs**

The most common early warning signs of Alzheimer's are covered in detail as well as basic information about the disease itself, advantages of early detection and action steps for those who suspect Alzheimer's disease.

#### **Taking Care of the Caregiver**

Caregivers are often so committed their loved ones that they neglect their own physical, mental and emotional well-being. A few simple steps can help ensure caregivers remain healthy and capable.

## Pathway Church

2001 N Maize Rd, Wichita, KS 67212

**All presentations 12pm to 1pm**

### Alzheimer's Basics:

*An introduction to Alzheimer's disease.*

- January 23rd

### Living With Alzheimer's For Caregivers:

*What you need to know at each stage of the disease.*

- February 6th: Early Stage Part 1
- March 5th: Early Stage Part 2
- March 19th: Early Stage Part 3
- April 2nd: Middle Stage Part 1
- April 16th: Middle Stage Part 2
- April 30th: Middle Stage Part 3
- May 14th: Late Stage Part 1
- May 21st: Late Stage Part 2

### Monthly Informational Series:

*Need to know information from experts in the field.*

- June 25th:  
Caregiver Stress
- July 9th:  
The Aging Community
- August 6th:  
Difficult Conversations
- September 10th:  
Behavior and Communication
- October 1st:  
Legal and Financial Concerns
- November 12th:  
Safety in the Home and Community

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## Kansas Food Bank

1919 E Douglas, Wichita, KS 67211

**All presentations 12pm to 1:00pm**

### Monthly Informational Series:

*Need to know information from experts in the field.*

- January 30th:  
Caregiver Stress
- February 27th:  
The Aging Community
- March 26th:  
Difficult Conversations
- April 23rd:  
Behavior and Communication
- May 21st:  
Legal and Financial Concerns
- June 18th:  
Safety in the Home and Community

### Alzheimer's Basics:

*An introduction to Alzheimer's disease.*

- June 4th

### Living With Alzheimer's For Caregivers:

*What you need to know at each stage of the disease.*

- July 16th: Early Stage Part 1
- July 30th: Early Stage Part 2
- August 13th: Early Stage Part 3
- August 27th: Middle Stage Part 1
- September 17th: Middle Stage Part 2
- September 24th: Middle Stage Part 3
- October 8th: Late Stage Part 1
- October 22nd: Late Stage Part 2