

▼ * **So You Have Been Newly Diagnosed With Alzheimer's**

An opportunity to discuss what early stage Alzheimer's disease means and management strategies.

January 11 (2012)
1:00 – 2:30 p.m.
Main Chapter Office

● **Train the Trainer**

This program is geared toward individuals in facilities/agencies that are charged with educating others about the illness and includes discussion of designing and implementing dementia training programs. Cost: \$50.00

October 12 (2011)
9:00 a.m. – 4:00 p.m.
Main Chapter Office
March 13 (2012)
9:00 a.m. – 4:00 p.m.
First Congregational Church
1701 SW Collins Avenue
Topeka, Kansas

June 28 (2012)
9:00 a.m. – 3:00 p.m.
First Christian Church, 10th and Faraon Street, St. Joseph, MO

▼ **Younger Onset Alzheimer's**

Coping with the unique issues associated with having a family member diagnosed under the age of 65.

August 23 (2011)
10:00 – 11:30 a.m., Main Chapter Office

● **Individualized In-House Training**

The Alzheimer's Association also offers individualized in-house trainings for facilities and community agencies. Choose from more than 30 topics including disease overview, behavior issues, communications, promoting independence, and end of life issues. Contact Michelle Niedens at 913.831.3888 to schedule training.

Cost: \$100.00 for up to 4 hours; \$200.00 for 4 to 8 hours.

If training is cancelled with less than 24 hour notice, a \$50.00 administrative charge will be billed to the facility. If training is cancelled or postponed after the trainer's arrival at the facility, \$100.00 will be charged based on the above fee schedule. Scholarships and reduced charges are available to facilities and agencies that do not have education/training budgets sufficient to accommodate this fee policy.

education calendar

Education Calendar Cross Reference

The descriptions of the monthly offerings can be found in the main part of this calendar.

2011

July

Caregiver Conference
Family Series

August

Building Effective Skills Training (BEST)
Family Series
Maintain Your Brain
Younger Onset Alzheimer's

September

ABC's – Alzheimer's Basic Care
Family Series
Let's Talk About Dementia
Maintain Your Brain
Plus Caregiving
Plus Dementia

2011

October

Ethical Wills
Family Series
Life Reflections
Maintain Your Brain
Train the Trainer

November

A Family Affair
Caregiver Conference
Family Series
Maintain Your Brain
11th Annual Defining Hope Conference

December

Legal Issues

2012

January

So You Have Been Diagnosed with Alzheimer's

2012

February

Family Series
Growing Through Grief
Let's Talk About Dementia

March

ABC's – Alzheimer's Basic Care
Alzheimer's and Intellectual Disabilities
Family Series
Legal Issues
Train the Trainer

April

Drama Therapy Workshop
Family Series

May

ABC's – Alzheimer's Basic Care
Family Series
Legal Issues

June

Train the Trainer



Alzheimer's Association – Heart of America Chapter
July 1, 2011 – June 30, 2012

All educational opportunities are free of charge unless otherwise noted. If you have any questions or would like to register for any of the offerings listed on this education calendar, please call the Heart of America Chapter Office nearest you:

Main Office 3846 W. 75th St. Prairie Village, KS 66208 913.831.3888 913.831.1916 fax	Midtown Satellite Office 6420 Prospect, T301-A Kansas City, MO 64132 816.361.6604 816.361.6627 fax	Northeast Kansas Regional Office 4125 SW Gage Center Dr. Topeka, KS 66604 785.271.1844 785.271.1804 fax	Northwest Missouri Regional Office 10th and Faraon St. Joseph, MO 64501 816.364.4467 816.364.2553 fax	Southeast Kansas Regional Office 2601 Gabriel Parsons, KS 67357 620.421.6550 ext. 1794 620.421.0671 fax
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www.alz.org/kansascity 24-hour Information and Support Line: 800.272.3900

This education brochure, as well as support for specific education events, is made possible because of grants, donations and sponsorship by committed partners in our service area. To those partners, we express sincere appreciation for their acknowledgement of the importance of disease education.

alzheimer's  association™

the compassion to care, the leadership to conquer

Education calendar listings below are in alphabetical order. To check the listings by month, please refer to the back of this brochure.

LEGEND:

- ▼ For family members of individuals with a dementia
- * For individuals with early stage Alzheimer's disease
- For professionals

▼ **ABC's – Alzheimer's Basic Care**

An overview of the disease process — how family caregivers can work with the individual experiencing the disease. Additional topics covered include communication, behaviors and feelings.

Session 1

Disease overview and community resources

Session 2

Planning and Legal Issues

September 19 and September 26 (2011)

5:30 – 8:00 p.m.

Topeka Presbyterian Manor Multi-purpose Room

4712 SW 6th Avenue

Topeka, Kansas

March 19 and March 26 (2012)

5:30 – 8:00 p.m.

Midland Care

Administration Building A

Education Center

200 SW Frazier Circle

Topeka, Kansas

May 17 and May 24 (2012)

5:30 – 8:00 p.m.

Midtown Satellite Office

6420 Prospect, T301A

Kansas City, MO

▼ **A Family Affair**

A discussion with parents and grandparents about helping children who are part of the lives of individuals with Alzheimer's disease.

November 11 (2011)

1:00 – 2:30 p.m.

Main Chapter Office

▼ ● **Alzheimer's and Intellectual Disabilities:**

A program for professional caregivers of persons with the dual diagnosis of Alzheimer's disease and an Intellectual Disability, such as Down Syndrome.

March 12 (2012)

10:00 – 11:30 a.m.

Call for location

● **Building Effective Skills Training (B.E.S.T.)**

A 6-hour course designed specifically for nursing assistants in long term care and community settings. Participants will receive a certificate of attendance.

Cost \$25.00.

August 25 (2011)

8:30 a.m. – 3:30 p.m.

Research Medical Center

2316 E. Meyer Boulevard, Classroom G

▼ ● **Caregiver Conferences**

Problem Solving Throughout the Caregiver Journey

Keynote Speaker: Teepe Snow, MS OTR/L, FAOTA

July 11 (2011)

6:30 – 8:00 p.m.

Topeka and Shawnee County Public Library

Marvin Auditorium 101 AB, 1515 SW 10th Avenue

Topeka, Kansas

Caring and Coping

November 17 (2011)

10:00 a.m. – 12:00 p.m.

Oregon Public Library, 103 S. Washington Street

Oregon, MO

▼ ● **Drama Therapy Workshop**

Cost \$30.00

April 20 (2012)

9:00 a.m. – 3:00 p.m.

Salina Presbyterian Manor, lower level

2601 E. Crawford Street, Salina, Kansas

▼ * **Ethical Wills**

What have you learned on your life's journey that you'd like to pass along to your loved ones? Come to this class to learn how to craft a record of your values, faith, beliefs, hopes for the future and lessons learned. This class will get to the heart of what really matters by documenting the topics listed above for you and future generations. Each 90 minute session will be full of writing activities and sharing with others.

Facilitated by Janet Kirkman

Member Association of Personal Historians

October 19 and October 21 (2011)

10:00 – 11:30 a.m.

Main Chapter Office

▼ **Family Series**

A 6-session course focusing on some of the most common topics around caring for someone with Alzheimer's disease or other dementias. Individuals are welcome to come for whichever topics are of concern.

Session I – What can I expect?

An overview of Alzheimer's disease including diagnosis, stages and family experiences.

Session II – I don't need any help

A discussion of managing activities of daily living including task breakdown, provision of care and other issues associated with bathing, toileting, dressing, taking medication and feeding.

Session III – He just sits around all day

Explores the role of activities and structure for the person with Alzheimer's disease including suggestions on activities and options to maximize strengths.

Session IV – Is she on too many medications?

Discusses the concerns and appropriate benefits of commonly prescribed medications in the care of the person with Alzheimer's disease.

Session V – I can't do this anymore

Discusses the dilemma and issues around the placement decision. Covers options, resources and the decision making process.

Session VI – I should, I ought, I have to...

Covers the guilt that typically goes along with the role of caregiver as well as the impact guilt has on caretaking.

Wednesdays from July 6 through August 17 (2011)

NO CLASS ON JULY 20

6:30 – 8:00 p.m.

Church of the Resurrection

13720 Roe, Leawood, KS

July 6, 27, August 3, 10 and 17: Room 2207 West Building

July 13: Room 220 East Building

Tuesdays from September 6 through October 4 (2011)

NO PART 4 FOR THIS SESSION

1:30 – 3:00 p.m.

Wesley United Methodist Church, 301 E. Madison

Iola, Kansas

Tuesdays from October 4 through November 8 (2011)

3:30 – 5:00 p.m.

St. Luke's Northland – Barry Medical Park, North Conf Room

5844 NW Barry Road

Thursdays from October 6 through November 10 (2011)

11:30 a.m. – 1:00 p.m.

First Presbyterian Church, Fisher Hall

801 Leavenworth Street, Manhattan, Kansas

Thursdays from February 23 through March 29 (2012)

2:30 – 4:00 p.m.

St. Bernadette's Catholic Church

9020 East 51st Terrace, Raytown, Missouri

Tuesdays from March 6 through April 3 (2012)

NO PART 4 FOR THIS SESSION

1:30 – 3:00 p.m.

Parsons Public Library, 311 S. 17th

Parsons, Kansas

Mondays from April 9 through May 14 (2012)

10:00 – 11:30 a.m.

First Christian Church, 10th and Faraon Streets

St. Joseph, MO

▼ **Growing Through Grief**

A three part series discussing the unique experiences of grief in caring for individuals with Alzheimer's disease.

February 10, 17 and 24 (2012)

3:30 – 5:00 p.m.

Main Chapter Office

▼ * **Legal Issues**

Exploration of the various legal concerns and needs that arise throughout the course of the disease. Issues include durable power of attorney, guardianship, conservatorship, patient rights, division of assets and living wills.

December 2 (2011)

3:00 – 4:30 p.m.

Main Chapter Office

March 13 (2012)

6:30 – 7:30 p.m.

Pittsburg Public Library, 308 N. Walnut, Pittsburg, KS

May 24 (2012)

10:00 a.m. – 12:30 p.m.

Midtown Satellite Office, 6420 Prospect, T301A, Kansas City, MO

Also, see **Part 2: Planning and Legal Issues** of the ABC's – Alzheimer's Basic Care class listed on the facing page.

▼ ● **Let's Talk About Dementia: A Community Discussion**

September 1 (2011)

10:30 – 11:30 a.m.

Gentry County Library

304 N. Park

Stanberry, MO

February 23 (2012)

10:30 – 11:30 a.m.

Mercer County Library

601 W. Grant, Princeton, MO

▼ * **Life Reflections**

Have you ever thought about writing your life story? This 2-part series is designed to explain exactly how to get started. Each 90 minute session is designed to plumb your memory for the stories and the cast of colorful characters you've encountered along your life's journey. Specific, thought provoking activities are designed to add leaves and branches to your family tree. We will write in class and share with others.

Facilitated by Janet Kirkman

Member Association of Personal Historians

October 5 and October 7 (2011)

10:00 a.m. – 11:30 a.m.

Main Chapter Office

▼ ● * **Maintain Your Brain**

Learn ways to keep your brain healthy as you age.

August 18 (2011)

6:30 – 7:30 p.m.

Pittsburg Public Library, 308 N. Walnut, Pittsburg, KS

September 20 (2011)

6:00 – 7:00 p.m.

Columbus Public Library, 205 N. Kansas, Columbus, KS

October 18 (2011)

7:00 – 8:00 a.m.

Mercy Health Center, 401 Woodland Hills Blvd, Ft. Scott, KS

November 10 (2011)

6:30 – 7:30 p.m.

Galena Public Library, 217 W. 7th, Galena, KS

● **National Alzheimer's Month Conference**

11th Annual Defining Hope Conference:

Wellness in Dementia

John Zeisel, PhD, president and co-founder of the Hearthstone Alzheimer's Family Foundation, Woburn, Massachusetts will be the keynote speaker who will examine ways to support and strengthen areas of capacity in the person with the disease.

November 1 (2011)

Call for details and program brochure after August 15, 2011

▼ **Plus Caregiving**

September 30 (2011), Main Chapter Office

A session for caregivers who have had prior mental health challenges (i.e. depression and anxiety) and are now taking on caregiving responsibilities.

1:30 – 2:30 p.m.

▼ **Plus Dementia**

September 30 (2011), Main Chapter Office

A session for families caring for individuals with Alzheimer's disease who have had mental health challenges prior to onset of dementia.

12:30 – 1:30 p.m.

Continued on back