



EDUCATIONAL PROGRAMS AND WORKSHOPS
October – December 2009

OCTOBER 2009

- 01** *Behavior is Communication: Dealing with Challenging Behaviors.* 10 am – 12 pm. \$30 per person. Learn what causes behavioral issues in persons with dementia and how to effectively manage them. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. Trainer: David Currier. Must pre-register. FMI or to register call the chapter office at 772- 0115.
- 01** *Breaking the Silence: Sexuality and Alzheimer's Disease.* 1pm – 3pm. \$30 per person. Hugely popular workshop on dealing with sexual expression in people with dementia. Alzheimer's Association Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. Trainer: David Currier. Must pre-register. FMI or to register call the chapter office at 772-0115.
- 05** *Savvy Caregiver.* FREE comprehensive evidence-based family caregiver educational program. Runs for 6 consecutive weeks through November 2nd. 9 am – 11 am in **Southeast Harbor** and 2 pm – 4 pm in **Bucksport**. Trainer: Joy Heptner. Space is limited. Pre-registration required. For more information or to register contact Cindy Beck at the chapter office, 772-0115.
- 06** *Savvy Caregiver.* FREE comprehensive evidence-based family caregiver educational program. Free. Runs for 6 consecutive weeks through November 3rd. 9 am – 11 am at Friendship Cottage in **Blue Hill**. Space is limited. Pre-registration required. Trainer: Joy Heptner. For more information or to register contact Cindy Beck at the chapter office, 772-0115.
- 12** *Conversation Series. Learning the Language of Dementia.* 7:00 pm - 8:30 pm. First Congregational Church on Meeting House Hill, South Portland. Facilitators: Lori Axelson, MSW, and David Currier, Alzheimer's Association 772-0115. Free. Open to the public. Pre-registration not required.
- 13** *Brown Bag Lunch & Learn: Stage appropriate activities for individuals with dementia.* Hints and tips for assisting your loved one with activities of daily living (eating, bathing, toileting, etc.) and developing positive and enjoyable leisure activities. 12 pm – 1:30 pm. Alzheimer's Association Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. For more information call 772-0115. Free. Bring a brown bag lunch. Pre-registration not required.
- 14** *Support Group.* 7 pm – 8:30 pm. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. 772-0115. Facilitator: David Currier. Free. Pre-registration not required.
- 14** *Conversation Series. The importance of life stories to maintaining memories.* 3 pm – 4:30 pm. Free. Clover Health Care, 440 Minot Avenue, **Auburn**. Facilitator: Bonnie Iwans, LSW. FMI call Bonnie at 784-3573, ext. 116. Open to the public.
- 16** *Caregiver Stress and Depression.* 9:30 am – 11:00 am. Free. Open to the public. Seniors' Plus Education Center, 8 Falcon Road, **Lewiston**. Pre-registration not required.

- 20** *Meeting the Challenges of Dementia: Tips and techniques for family caregivers.* 6 pm – 9 pm. Community Room, Brunswick Senior Health Center, 58 Baribeau Drive, **Brunswick**. Trainer: Kathryn Pears. Free. Pre-registration required. FMI or to register call the chapter office at 772-0115.
- 21** *Meeting the Challenges of Dementia: Tips and techniques for family caregivers.* 9 am – 12 pm. Cohen Center, 22 Town Farm Road, **Hallowell**. Free. Trainer: Kathryn Pears. Pre-registration required. FMI or to register call the chapter office at 772-0115.
- 21** *Coping with Alzheimer's Disease.* 7 pm – 8:30 pm. Falmouth Congregational Church, 267 Falmouth Road, **Falmouth**. Free. Open to the public. Pre-registration not required.
- 23** *Alzheimer's 101: Basic elements of good dementia care.* Meets the DHHS guidelines for dementia care 8-hour pre-service education. 8 am – 4 pm. Community Center, 19 Bennoch Road, **Orono**. Trainer: David Currier. \$120 pp. Must pre-register. FMI or to register call the chapter office at 772-0115.
- 27** *Meeting the Challenges of Dementia: Tips and techniques for family caregivers.* 6 pm – 9 pm. Free. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, US Route One, **Falmouth**. Trainer: David Currier. Pre-registration required. FMI or to register call the chapter office at 772-0115.
- 28** *Docs and Deserts. Management of Pain, Behavior and Sleep Disturbances.* Jabbar Fazeli, MD. 6:30 – 8:00 pm. Bring your questions! Free but donations appreciated. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. Open to the public. Pre-registration not required.

NOVEMBER 2009

- 03** *Maintain Your Brain.* When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working and playing - even sleeping. There are things you can do to maintain cognitive function and help reduce the risk of Alzheimer's disease. 12 pm – 2 pm. York Public Library, 15 Long Sands Road, **York**. Free. Open to the public. Pre-registration not required.
- 04** *Activity Focused Care.* Strategies for implementing meaningful activities 24 hours a day with limited staff. 8:30 am – 12 pm. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. \$60 per person. Trainer: David Currier. Pre-registration required. FMI or to register call the chapter office at 772-0115.
- 05** *Savvy Caregiver.* Free comprehensive evidence-based family caregiver educational program. Runs for 6 consecutive weeks through December 17 (no class November 26). Free. 9 am – 11 am. Seniors' Plus Education Center, 8 Falcon Road, **Lewiston**. Trainer: TBD. Pre-registration required. For more information or to register contact Cindy Beck at the chapter office, 772-0115.
- 06** *Meeting the Challenges of Dementia.* 6 pm – 9 pm. Free. Location to be announced. **Calais**. Trainer: Kathryn Pears. Pre-registration required. FMI or to register call the chapter office at 772-0115.
- 06** *Developmental Disabilities and Alzheimer's Disease.* Recognizing the signs and symptoms of dementia in individuals with developmental or intellectual disabilities and developing appropriate interventions. \$45 per person. 8:30 am – 12 pm. Alzheimer's Association, Maine Chapter, Education Center and Conference Room,

170 US Route One, Falmouth. Must pre-register. Trainer: David Currier. FMI or to register call the chapter office at 772-0115.

- 09** *Meeting the Challenges of Dementia: Tips and techniques for family caregivers.* 9 am – 12 pm. Friendship Cottage, 118 Ellsworth Road, **Blue Hill**. Free. Trainer: Kathryn Pears. Pre-registration required. FMI or to register call the chapter office at 772-0115.
- 09** *Conversation Series. Taking Care of Business: Financial and legal issues and concerns.* 7:00pm - 8:30 pm First Congregational Church on Meeting House Hill, South Portland. Facilitators: Lori Axelson, MSW, and David Currier, Alzheimer's Association 772-0115. Free. Pre-registration not required.
- 10** *Brown Bag Lunch & Learn: The value of hospice care in end-stage dementia.* When is hospice appropriate for an individual with dementia? What does hospice offer? 12 pm – 1:30 pm. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. 772-0115. Free. Bring a brown bag lunch. Pre-registration not required.
- 10** *What Everyone Should Know About Alzheimer's Disease and the Related Dementias.* Essential information for families and friends of individuals with dementia. 12 pm – 2 pm. York Public Library, 15 Long Sands Road, **York**. Free. Open to the public. Pre-registration not required.
- 11** *Support Group.* 7 pm – 8:30 pm. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. 772-0115. Facilitator: David Currier. Free. Pre-registration not required.
- 11** *Conversation Series. Caregiver Burnout: Coping with stress.* 3 pm – 4:30 pm. Free. Clover Health Care, 440 Minot Avenue, **Auburn**. Facilitator: Bonnie Iwans, LSW. FMI call Bonnie at 784-3573, ext.116. Open to the public.
- 13** *Alzheimer's 101: Basic elements of good dementia care.* Meets the DHHS guidelines for dementia care 8-hour pre-service education. 8 am – 4 pm. Birch Bay Retirement Village, 35 Village Inn Road, **Bar Harbor**. Trainer: David Currier. \$120 pp. Must pre-register. FMI or to register call the chapter office at 772-0115.
- 16** *Meeting the Challenges of Dementia: Tips and techniques for family caregivers.* 9 am – 12 pm. Free. Seniors Plus Education Center, 8 Falcon Road, **Lewiston**. Trainer: Kathryn Pears. Pre-registration required. FMI or to register call the chapter office at 772-0115.
- 17** *Responding to the Behavioral and Communication Challenges of Dementia.* Essential tips and techniques for positive interactions. 12 pm – 2 pm. York Public Library, 15 Long Sands Road, **York**. Free. Open to the public. Pre-registration not required.
- 18** *Docs and Deserts. Topic to be announced.* 6:30 – 8:00 pm. Ongoing Series. Free but donations appreciated. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. Open to the public. Pre-registration not required. FMI call the chapter office at 772-0115.
- 19** *Support Group Leader Training.* Meets the Maine Chapter's requirement for annual support group leader training. 8:30 am – 3pm. Alzheimer's Association, Maine Chapter, Education Center and Conference Room, 170 US Route One, **Falmouth**. Must pre-register. Trainer: Kathryn Pears. FMI or to register call the chapter office at 772-0115.
- 20** *Alzheimer's 101: Basic elements of good dementia care.* Meets the DHHS guidelines for dementia care 8-hour pre-service education. 8 am – 4 pm. Alzheimer's Association, Maine Chapter, Education Center and Conference Room, 170 US Route One, **Falmouth**. Must pre-register Trainer: David Currier. \$120 pp. Must pre-register. FMI or to register call the chapter office at 772-0115.

DECEMBER 2009

- 02** *Alzheimer's 101: Basic elements of good dementia care.* Meets the DHHS guidelines for dementia care 8-hour pre-service education. 8 am – 4 pm. Conference Room 1A, Department of Health and Human Services, 442 Civic Center Drive, **Augusta**. Must pre-register. Trainer: David Currier. \$120 pp. FMI or to register call the chapter office at 772-0115.
- 08** *Brown Bag Lunch & Learn: Holidays and Alzheimer's* Creative ideas for making the holidays enjoyable for individuals living with Alzheimer's. 12 pm – 1:30 pm. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. 772-0115. Free. Bring a brown bag lunch. Pre-registration not required.
- 09** *Support Group.* 7 pm – 8:30 pm. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. 772-0115. Facilitator: David Currier. Free. FMI call the chapter office at 772-0115. Pre-registration not required.
- 09** *Developing a Therapeutic Relationship with Families: Encouraging positive interactions with challenging families.* 1 pm – 3 pm. \$30 per person. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. 772-0115. Facilitator: David Currier. Free. FMI call the chapter office at 772-0115.
- 09** *Conversation Series. Holidays: A time for sharing.* 3 pm – 4:30 pm. Free. Clover Health Care, 440 Minot Avenue, **Auburn**. Facilitator: Bonnie Iwans, LSW. FMI call Bonnie at 784-3573, ext. 116. Open to the public.
- 11** *Developmental Disabilities and Alzheimer's Disease.* Recognizing the signs and symptoms of dementia in individuals with developmental or intellectual disabilities and developing appropriate interventions. \$45 per person. 8:30 am – 12 pm. Bangor Public Library, 145 Harlow Street, **Bangor**. Must pre-register. Trainer: Barbara Asnes. FMI or to register call the chapter office at 772-0115.
- 14** *Conversation Series. The Soundtrack of Life: Music making for those with dementia.* 7:00 pm - 8:30 pm First Congregational Church on Meeting House Hill, **South Portland**. Facilitators: Lori Axelson, MSW, and David Currier, Alzheimer's Association. 772-0115. Free. FMI call the chapter office at 772-0115. Pre-registration not required.
- 16** *Home Health Care for Persons with Dementia.* The special challenges of providing care for individuals with dementia in the home setting and making home health visits a success. 9 am – 11 am. \$30 per person. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. 772-0115. Trainer: David Currier. FMI or to register call the chapter office at 772-0115.
- 18** *Driving: Warning Signs Ahead.* 9 am – 11 am. \$30 per person. Balancing independence and safety for individuals with dementia who are still driving. Suggestions for monitoring, limiting and stopping driving. Alzheimer's Association, Maine Chapter, Education Center & Conference Room, Suite 140, 170 US Route One, **Falmouth**. 772-0115. Trainer: David Currier. FMI or to register call the chapter office at 772-0115.