

alzheimer's association®

mississippi chapter

2012 Educational Programs January - July 2012

All programs are free and open to the general public. Additional programs will be added throughout the year and will be updated monthly to website. Please contact the Mississippi office for questions about programming- 601-987-0020 or e-mail at info@msalz.org.

Family Orientations

The orientations are designed for families of recently diagnosed individuals and for those individuals in the community who would like to know more about what information and resources the MS Chapter can provide. Orientation covers a brief overview of the disease, discussion of the first legal steps to take after receiving a diagnosis presented from a certified Elder Law Attorney and what resources are useful in the community.

Jackson Metro

March 14th 2:00pm - 4:00pm
Ridgeland Public Library
397 Highway 51, Ridgeland

Northeast

March 20th 10:30am - 12:00pm
M.R. Davis Public Library
8554 Northwest Drive, Southaven



Interested in this program?
Contact MS Chapter to schedule one:
601-987-0020

Lunch and Learn Educational Series

Jackson Metro

Tuesday, February 21st
11:30am-12:30pm
Baptist Healthplex,
102 Clinton Parkway, Clinton

Living with Alzheimer's: Early Stages

When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. This workshop will help to provide answers to the questions that arise in the early stages of the disease.

Any of the programs offered by the MS Chapter may be part of the *Lunch and Learn* programs as well as special speakers in the community. Programs will indicate whether lunch will be provided. Please call chapter office at 601-987-0020 or e-mail info@msalz.org to sign-up.

Tuesday, March 27th-
11:30am-12:30pm
Hospice Ministries (Lunch Provided)
450 Town Center Blvd, Ridgeland

Late Stage Alzheimer's

Understand the late stages of Alzheimer's disease and learn what to prepare for when making end-of life choices such as considering the different levels of care.

Tuesday, May 15th 11:30am-12:30pm
Home Instead Senior Care (Lunch provided)
807 Monroe Street, Clinton

Living with Alzheimer's: Middle Stages

When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. This workshop will help to provide answers to the questions that arise in the middle stages of the disease.



For more information-
E-mail: essentialz@alz.org

Learn techniques for caring for people with dementia by completing approved prerequisite dementia care courses prior to taking the essentiALZ certification exam. EssentiALZ offers two levels of certification for individuals - essentiALZ and essentiALZ advanced. Topics covered in the exams are as follows:

Alzheimer's and Dementia
Understanding Behaviors
Communication
Person-Centered Care

Professional Training:
Activity Director Training:
Banning Bingo!

Creative Activities for Dementia
Training for professionals only.

Learn creative and meaningful activities to do with people with memory loss in all stages that will keep them engaged and help preserve the skills that still remain.

Friday, February 10th-9:00am-12:00pm
Blake at Township, 608 Steed Rd. Ridgeland

The Great Escape: Caring for the Caregiver Workshop

Tuesday, January 31st
1:00-4:00pm
Baptist Healthplex
102 Clinton Parkway

The Alzheimer's Association-MS Chapter and the American Parkinson's Disease Association presents *"The Great Escape – Caring for the Caregiver."* This workshop in Central MS is a free community education event for caregivers providing care to loved ones.

"The Great Escape – Caring for the Caregiver Workshop" features presentations and sessions by experts who provide an outlet for caregivers. All will learn more about local resources, share their own stories, and celebrate the joy of living. Light refreshment will be provided including a chocolate fountain!

Speakers will go over topics including nutrition; stress-reducing techniques; personal caregiver story sharing and tai chi.

"The Great Escape-Caring for the Caregiver Workshop" will be held **Tuesday, January 31st @ Baptist Healthplex in Clinton, MS.** Workshop will begin at 1:00 and will end at 4:00pm. Please RSVP with the Alzheimer's Association-Mississippi Chapter and speak with Sara Murphy at 601-987-0020 or info@msalz.org.

Speakers include:

Urmila Mota, RD (Jackson Nutrition Clinic)
Melanie Fortenberry (Caregiver)
Kevin Jones (Sta-Home Health)
Lisa Newman (Perfit Body Personal Fitness Training)
AND MORE!!!!

State-Wide Community Education Programs

All programs are free and open to the general public. These programs include an overview on Alzheimer's; what resources are available in your community for caregivers and various topics concerning Alzheimer's.

For more information on the programs listed below please contact the chapter office-601-987-0020 or info@msalz.org

Northeast

Corinth Education Program
Thursday, January 12th-1:00-3:00pm
MS State Extension Service Building
2200 Levee Road
Topic: Caregiving, Legal and Financial Matters

Tupelo Education Program
Thursday, May 10th- 11:00am-2:00pm
Itawamba Community College-Tupelo Campus
(Advanced Education Center Building)
2176 S Eason Blvd.
Topic: Stages of Alz, caregiving tips, caregiver discussion panel

Southwest

Natchez Education Program
Wednesday, April 25th 11:00am-1:00pm
Natchez Regional Medical Center
52 Sergeant Prentiss Drive, Natchez
Topic: Living with Alzheimer's: Middle Stages
This workshop will help to provide answers to the questions that arise in the middle stages of the disease.

Vicksburg Education Program
Tuesday, May 1st, 11:00am-1:00pm
River Regional Medical Center
2100 Highway 61 N, Vicksburg
Topic: Stages of Alzheimer's, caregiver stress

Northwest

Kosciusko Education Program
Wednesday, February 29th-10:00am-12:00pm
State Veterans Home (Chapel)
310 Autumn Ridge Drive
Topic: Alzheimer's 101

Olive Branch Education Program
Tuesday, March 6th- 10:30am-12:00pm
Chain B.J. Public Library
8977 College Street, Olive Branch
Topic: Alzheimer's 101

Clarksdale Education Program
Thursday, March 15th 2:00pm-4:00pm
First Presbyterian Church (Fellowship Hall)
944 Catalpa Street, Clarksdale
Topic: Alzheimer's 101

Winona Education Program
Wednesday, March 21st 11:00am-1:00pm
Location: TBD
Topic: Know the 10 Signs, Basics of Alz

Grenada Education Program
Thursday, March 29th 10:00-11:30am
Location: TBD
Topic: Alzheimer's 101

Early Stage Programming

Our early-stage initiative seeks to elevate the voice of those living with early-stage Alzheimer's to change public perceptions about who has the disease, what it means to be living with Alzheimer's and related dementias and to engage constituents. Development of community programs for those living in the early stage and their caregivers have been developed.

For more information on the programs listed below please contact the chapter office-601-987-0020 or info@msalz.org

Memory and Motion

The Mississippi Chapter of the Alzheimer's Association and Perfit Body, Personal Fitness Training are proud to announce *Memory and Motion*, a new early stage community program designed for individuals with Early Stage Alzheimer's and their caregivers.

As the leading voluntary health organization in Alzheimer's care, support and research, the Association provides individuals and families with information and resources to cope with Alzheimer's disease while supporting significant exploration of the brain to identify Alzheimer's as early as possible. Motion is described as 'the meaningful or expressive change in the position of a part of the body's gesture. The slogan "Explore your Life with Mind and Body" for the *MEMORY and MOTION* class describes how this program becomes a journey for the participant to explore using the senses through mental, emotional, and physical connection. The class will come packed with stress reduction exercises, a creativity theme and visual metaphor for understanding that will enhance communication and connection for participants and caregivers.

A total of eight classes will begin in January through April on the 2nd and 4th Tuesday of the month at the Ridgeland Recreation and Parks Community Center. The classes will begin at 10:00am and last for approximately 45min-1 hour. Each class costs \$5.00 per person. There is a screening process involved for both the person with dementia and their caregiver. Please contact Sara Murphy if interested at 601-987-0020 or info@msalz.org.

Memory and Motion Classes
2nd and 4th Tuesdays
January 10th- April 24th
10:00am-11:00am
Ridgeland Parks and Recreation
\$5 per person/per class

Early Stage Programming (CONT)

Our early-stage initiative seeks to elevate the voice of those living with early-stage Alzheimer's to change public perceptions about who has the disease, what it means to be living with Alzheimer's and related dementias and to engage constituents. Development of community programs for those living in the early stage and their caregivers have been developed.

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ART IN MIND

The Art in Mind program, a collaboration between the Mississippi Chapter of the Alzheimer's Association and the Mississippi Museum of Art, that is specifically designed to meet the needs of persons with dementia and their caregivers. The program takes place at the Museum on the 4th Wednesdays of each month and includes an experience in the Museum's galleries as well as a hands-on component in the studio classroom.

Program is free and open to the public, but to participate, a complete registration form must be submitted by the 15th of the month in which you are seeking to attend and screened by the MS Chapter of the Alzheimer's Association. Your space will be confirmed by the Alzheimer's Association no later than the Monday prior to the Wednesday session. Submit your registration form to Sara Murphy via e-mail: info@msalz.org or fax 601-853-0850. You may download the form on our website: www.alz.org/ms. You may also mail back the form to: Alzheimer's Association
196 Charmant Place, Ste 4
Ridgeland, MS. 39157

Art In Mind
Starting in January
Monthly, 4th Wednesdays
10:00am-11:45am
Mississippi Museum of Art
No charge, screening process involved



present:

Nourish Your Noggin

A Free Educational Workshop Series Promoting Brain Health.

Days: 2nd & 4th Thursdays
February - May
(with exception of May 3rd)
Time: 9:45a.m. - 10:30a.m.
Place: St. Catherine's Village
Independent Activity Center
200 Dominican Drive
Madison, MS 39110
Cost: FREE!

Join us for an 8 week educational series promoting the importance of understanding how to keep our Brains Healthy As We Age by offering various speakers presenting thought provoking information on changing the way we think about brain health. The latest research and information on brain health is covered along with practical strategies for keeping our brains healthy as we age. As the series progresses we will learn what is normal age-related memory loss, warning signs for dementia, diagnosing someone with dementia and coping strategies for caregivers.

Series Topics

February 9th - Brain Health

Learn how to lead a brain healthy lifestyle and lower your risk for Alzheimer's.

February 23rd - Fuel Your Brain

Learn how to nourish your noggin with foods to help maintain a healthy brain presented by a Registered Dietitian

March 8th - Physical Wellness

Learn how developing good physical health can help your overall life-style-including benefits of exercise

March 22nd - Emotional & Spiritual Wellness

Learn the importance of enjoying moments in life and ways to reduce our stress levels.

April 12th - Know the 10 Signs

Understand the 10 signs of Alzheimer's and the difference between normal age-related memory loss and warning signs for something more serious.

April 26th - Getting a Diagnosis

Dr. Lisa Byrd will explain steps in getting a diagnosis for dementia and an overview of Alzheimer's.

May 3rd - Communication & Behavior

Develop new communication techniques and understand how to manage certain behaviors associated with Alzheimer's.

May 24th - Coping and Caregiving

Develop coping techniques for being a caregiver and tips to reduce caregiver stress.

For more information contact Sara Murphy at the Alzheimer's Association - 601.987.0020.