

### VIRTUAL EDUCATION PROGRAMS

#### 10 Warning Signs of Alzheimer's

Thursday, Jan. 7, 6-7 p.m. | [Register](#)

Tuesday, Jan. 19, 3-4 p.m. | [Register](#)

Thursday, Jan. 21, 7-8 p.m. | **Spanish Speaking** | [Register](#)

Wednesday, Jan. 27, 6-7 p.m. | [Register](#)

#### Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Thursday, Jan. 7, 2-3 p.m. | [Register](#)

Thursday, Jan. 14, 6-7 p.m. | [Register](#)

#### Effective Communication Strategies

Tuesday, Jan. 5, 10-11 a.m. | [Register](#)

Monday, Jan. 11, 4-5 p.m. | [Register](#)

Thursday, Jan. 28, 4-5 p.m. | [Register](#)

\*Saturday, Jan. 30, 10-11 a.m. | [Register](#)

#### Healthy Living for Your Brain and Body: Tips from the Latest Research

Monday, Jan. 4, 10-11 a.m. | [Register](#)

Friday, Jan. 15, 3-4 p.m. | [Register](#)

Monday, Jan. 25, 10-11 a.m. | [Register](#)

#### Legal & Financial Planning

Tuesday, Jan. 19, 10 a.m.-noon | [Register](#)

#### Living with Alzheimer's: For Caregivers (Early-Stage) | 3-Part Series

Part 1: Tuesday, Jan. 12, 6-7:30 p.m. | [Register](#)

Part 2: Tuesday, Jan. 19, 6-7:30 p.m. | [Register](#)

Part 3: Tuesday, Jan. 26, 6-7:30 p.m. | [Register](#)

#### Living with Alzheimer's: For Caregivers (Middle-Stage) | 3-Part Series

Part 1: Tuesday, Jan. 26, 1-2:30 p.m. | [Register](#)

Part 2: Wednesday, Jan. 27, 1-2:30 p.m. | [Register](#)

Part 3: Thursday, Jan. 28, 1-2:30 p.m. | [Register](#)

#### Living with Alzheimer's: For Caregivers (Late-Stage) | 2-Part Series

Part 1: Wednesday, Jan. 20, 10-11:30 a.m. | [Register](#)

Part 2: Thursday, Jan. 21, 10-11:30 a.m. | [Register](#)

#### Understanding Alzheimer's and Dementia

Tuesday, Jan. 5, 4-5 p.m. | [Register](#)

Friday, Jan. 29, 10-11 a.m. | [Register](#)

#### Understanding and Responding to Dementia-Related Behaviors

Wednesday, Jan. 6, 10-11:30 a.m. | [Register](#)

Thursday, Jan. 21, 2-3:30 p.m. | [Register](#)

#### DEMENTIA SUPER SATURDAY SERIES

**Saturday, Jan. 30**

Effective Communication Strategies, 10-11 a.m.

TimeSlips Workshop (*creative engagement techniques*), 11 a.m.-noon

Register: [bit.ly/dementiasupersaturdayJan21](https://bit.ly/dementiasupersaturdayJan21)

\*Part of January Dementia Super Saturday Series

Visit [alz.org/crf](https://alz.org/crf), email [helplinegmc@alz.org](mailto:helplinegmc@alz.org) or call **800.272.3900** to register



### FOR CAREGIVERS

#### Caregiving & COVID-19

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility or care providers are coming into the home.

#### Effective Communication Strategies

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.

#### Living with Alzheimer's: For Caregivers

Learn helpful strategies to provide safe, effective and comfortable care for individuals living with Alzheimer's disease.

#### Understanding and Responding to Dementia-Related Behavior

Learn about common triggers for behaviors associated with dementia, how to assess a person's needs and how to intervene effectively.

### FOR PERSONS LIVING WITH DEMENTIA

#### Living with Alzheimer's: For People with Alzheimer's

A diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are. You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

### DISEASE EDUCATION

#### 10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others.

#### Healthy Living for Your Brain and Body: Tips from the Latest Research

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

#### Understanding Alzheimer's and Dementia

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments, and ways the Alzheimer's Association can help.

### PLANNING AHEAD

#### Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

#### Legal and Financial Planning

Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

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