

September 2021 Nebraska Chapter LIVE Virtual Education

**Please note: Some sessions are hosted by our regional partners. Anyone can attend any program across the country. All sessions are brought to you at no-cost.*

Effective Communication Strategies:

Join us to explore how communication takes place when someone has Alzheimer's, 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.

Wednesday, SEPTEMBER 8th at 5:00 pm CST

Register here: bit.ly/September082021

Healthy Living for Your Brain & Body:

For centuries, we have known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to 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.

Friday, SEPTEMBER 10, 5:00-6:00 pm CST

Register by clicking: [REGISTER](#)

The 10 Warning Signs:

Join us to learn how to recognize common signs of Alzheimer's and other dementia; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Association resources.

Wednesday, SEPTEMBER 15, 2:00-3:00 pm CST

Register by clicking: [REGISTER](#)

Understanding & Responding to Dementia-Related Behavior:

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Monday, SEPTEMBER 20th at 12:00 noon CST

Register here: bit.ly/September202021

Understanding Alzheimer's and Dementia:

Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Wednesday, SEPTEMBER 8, 3:00-4:00 pm CST

Register by clicking: [REGISTER](#)

Saturday, SEPTEMBER 18, 9:30-10:30 am CST

Register by clicking: [REGISTER](#)

Can't make these LIVE virtual sessions? Join us anytime for on-demand learning:
training.alz.org Check them out!

*Many offered in Spanish too!

Questions?

Please contact the Alzheimer's Association Nebraska Chapter at:

nebraskainfo@alz.org or 402.502.4300

Additional Resources

Nebraska Support Groups: [https://www.alz.org/getattachment/nebraska/Support-Groups-8-9-21-\(1\).pdf](https://www.alz.org/getattachment/nebraska/Support-Groups-8-9-21-(1).pdf)

ALZConnected® alzconnected.org powered by the Alzheimer's Association®, is a free online community for everyone affected by Alzheimer's or another dementia, including:

- People with the disease.
- Caregivers.
- Family members.
- Friends.
- Individuals who have lost someone to Alzheimer's.

Alzheimer's Navigator: Map out a plan to approach Alzheimer's alzheimersnavigator.org

When facing Alzheimer's disease, there are a lot of things to consider. Alzheimer's Navigator helps guide Caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

Find virtual education and virtual/phone support groups across the country! You can join any open support group or education session across the United States!

Steps:

Go to the Community Resource Finder here: alz.org/CRF

Once there, go to the Alzheimer's Association Program and Events. Choose an option from the menu (It only lets you search one option at a time) and then put in your zip code.

*Hint! After the initial search appears. Go to the menu on the left that says adjust your search and scroll down to expand your search to 500 miles and many more options will appear. Feel free to put in other zip codes too for more results.

Helpline: 1-800-272-3900 Available 24/7

In over 200 languages