WEBINAR: MANAGING MULTIPLE MEDICATIONS WITH DEMENTIA: HOW TO GET THE MOST FROM YOUR MEDICATIONS
Polypharmacy, or the use of multiple medications and supplements at the same time, is a special concern for people with dementia. Join us as we learn about balancing the benefits with the side-effects of medications commonly prescribed for people with dementia. Presented by Dr. Demetra Antimisiaris, Associate Professor of Pharmacology and Toxicology who leads the Frazier Polypharmacy and Medication Management Program at the University of Louisville.

To register for this program go to ALZWebinars.org.

DATE: April 3, 2018
TIME: 12:00-1:00pm and 2:00-3:00pm EST or recorded to watch at a later time.

MEMORY CAFÉ LEXINGTON
The Memory Café is a monthly social group providing a safe, comfortable environment where people with memory loss and their care partners can enjoy time together and remain socially engaged with others traveling the same journey. Designed for people with memory loss and their caregivers; please no professionals. Program provided in partnership with the UK Sanders Brown Center on Aging.

DATE: April 9, 2018
TIME: 2:00p.m.-4:00 p.m.
LOCATION: Call April at 859-266-5283, Extension 8179 for more details.

PROGRAM BY PHONE: HEARING LOSS & DEMENTIA: WHAT ARE THE CONNECTIONS?
Hearing loss is associated with poor cognition and a progression to mild cognitive impairment, a condition that can be a precursor to Alzheimer’s disease. Join us as we learn from doctor of audiology Jessica Tooley what we can do to protect our hearing and what is being learned about the connection between hearing loss and dementia.

To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: April 10, 2018
TIME: 12-1pm EST, 1-2pm EST or recorded to listen to at a later time.
LIVING WITH ALZHEIMER’S FOR CAREGIVERS: EARLY STAGES
This program will help participants understand the common symptoms and behaviors seen in early stages of Alzheimer’s and how to address them. Caregivers will learn the importance of early planning and how to build an effective care team. This program was created especially for family caregivers, so please no professionals.

DATE: April 11, 2018   TIME: 1:00pm-3:30pm
LOCATION: Alzheimer’s Association, 2808 Palumbo Drive, Lexington, KY 40509

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS
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. Registration required. Designed for family caregivers; please no professionals.

DATE: April 12, 2018   TIME: 2:30pm-4:00pm
LOCATION: Alzheimer’s Association Basement Conference Room 2808 Palumbo Drive, Lexington, KY 40509

DATE: April 26, 2018   TIME: 12:00pm-1:00pm
LOCATION: Casey County Library, 238 Middleburg Street Liberty, KY 42539

LIVING WITH ALZHEIMER’S FOR CAREGIVERS: MIDDLE STAGES
This program addresses the issues involved in caring for a person in the middle stages of Alzheimer’s disease or related dementia. Specific topics covered include practical tips for everyday living, medication, safety, and residential options. This program was created especially for family caregivers, so please no professionals.

DATE: April 18, 2018   TIME: 1:00-4:00pm
LOCATION: Alzheimer’s Association Basement Conference Room, 2808 Palumbo Drive, Lexington, KY 40509

The Kroger community Rewards Program is the easiest way to donate to the Alzheimer’s Association simply scan your Kroger Plus Card. To register your Kroger Plus card online, go to www.krogercommunityrewards.com

When it’s not possible to be at one of our local programs in person, take advantage of our online opportunities. A wealth of information and tips are available 24 hours a day. Go to http://elearning.alz.org/home.aspx
THE BASICS, MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE
If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. Registration required.

DATE: April 24, 2018  TIME: 10:00am-11:00am
LOCATION: Mason County Extension Office, 800 Highway 68
Maysville, KY 41056

Provided through a generous grant by: Margaret J. Stoebinger Foundation

EARLY STAGE SOCIAL ENGAGEMENT PROGRAM
The Alzheimer’s Association Early Stage Social Engagement Group is designed to provide education, emotional, and social support for people in the Early Stage of Alzheimer’s disease or other forms of dementia through regularly scheduled outings, meetings and activities. This group helps participants connect with other people with dementia and tries to help them maintain their personal and emotional health. Please call 859-266-5283 x8177 if you are interested. Participants must be pre-screened for this program.

LIVING WITH ALZHEIMER’S FOR CAREGIVERS: LATE STAGES
In the late stage of Alzheimer’s disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us and hear from professionals about resources, monitoring care and providing meaningful connection for the person with late stage Alzheimer’s and their families. Presenters will include guests from Bluegrass Care Navigators, Baptist Health, and the Alzheimer’s Association. This program was created especially for family caregivers, so please no professionals.

DATE: April 25, 2018  TIME: 1:00pm-4:00pm
LOCATION: Alzheimer’s Association Basement Conference Room,
2808 Palumbo Drive, Lexington, KY 40509

LEGAL PLANNING FOR ALZHEIMER’S DISEASE
If you or someone you know is affected by Alzheimer’s disease or dementia, the time for legal planning is now. This workshop is for anyone who would like to know more about what legal issues to consider and how to put plans in place. Registration required. Designed for family caregivers; please no professionals.

DATE: April 26, 2018  TIME: 2:00pm-3:00pm
LOCATION: Madison County Cooperative Extension Office
230 Duncannon Lane, Richmond, KY 40475

Put the FUN in Fundraiser! Do what you love from sunrise to sunset on The Longest Day! Join the movement and start a team today. thelongestday.alz.org

Sign up for our free e-newsletter!


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www.facebook.com/AlzKYIN  www.twitter.com/AlzKYIN
UK TELEHEALTH: COMMUNITY RESOURCES FOR DEMENTIA CARE: FINDING SUPPORT FOR YOURSELF & YOUR LOVED ONE (Harlan, Hazard, Manchester, McDowell, Morehead, Mt. Sterling, Pikeville, Mt. Vernon, Russell, Sandy Hook, West Liberty)

Join us for an educational session focused on identifying and accessing community resources for dementia care. We will discuss resources to support both the individual with dementia and their caregivers. Please bring your questions about dementia community resources. We look forward to an engaging session!

This program is offered through an interactive telemedicine system to connect with persons who are impacted by Alzheimer's and related memory disorders, providing education and supportive services across the state of Kentucky. This event is FREE and open to the public. Registration is required. Contact Hardin Stevens at the UK Sanders Brown Center on Aging at 859-323-2997 or hardinstevens@uky.edu to register. Deadline to register is April 19th.

DATE: April 26, 2018        TIME: 6:30-8:00pm EST

Get the Emotional Support You Need
A support group provides a safe, supportive environment to allow family members, friends, caregivers, and other interested individuals to meet regularly for mutual support and to exchange coping skills with one another in matters relating to Alzheimer's disease. All support groups are free and open to the public and of no religious affiliation unless otherwise designated. For more information call 1-800-272-3900

Liberty Ridge
701 Liberty Ridge Lane Lexington, KY
1st and 3rd Wednesday; 11:30am

Montgomery Caring and Sharing
Regency Memory Care 130 Sterling Way Mt. Sterling, KY 40353
2nd Monday of the month at 6pm; Respite provided

Legacy Reserve
Man O War Blvd Lexington KY 40515
1st Monday of the month at 6pm

McDowell Place of Danville
1181 Ben Ali Drive Danville, KY
2nd Sunday; 2pm

For a more comprehensive listing of support groups throughout Kentucky and Southern Indiana, please visit http://www.alz.org/kyin/in_my_community_60821.asp

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