



Understanding Alzheimer's and Dementia:

Alzheimer's disease is not a normal part of aging. 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.

Mon, Aug 8
9am – 10am

[Register Now](#)

Tues, Aug 16
3pm – 4pm

[Register Now](#)

Mon, Aug 22
5pm – 6pm

[Register Now](#)

8/8 Speaker



Jenna McKee
Community Educator

8/16 Speaker



Evan Tsamas
Community Educator

8/22 Speaker



Debbie Williams
Community Educator

Effective Communication Strategies:

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's and other dementias progress and the ability to use words is lost, families need new ways to connect. Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you communicate at each stage of the disease.

Wed, Aug 31
9am – 10am

[Register Now](#)

Speaker



Leslie Fuller
Community Educator

Ten Warning Signs of Alzheimer's:

Your memory often changes with age. Some people recognize changes in themselves. In other cases, it's friends and family. Join us to learn how to recognize common signs of Alzheimer's; how to approach someone about memory concerns; the importance of early detection and diagnosis; and more.

Thurs, Aug 11
10am – 11am

[Register Now](#)

Mon, Aug 15
12pm – 1pm

[Register Now](#)

Mon, Aug 15
3pm – 4pm

[Register Now](#)

Wed, Aug 24
9am – 10am

[Register Now](#)

Tues, Aug 30
3pm – 4pm

[Register Now](#)

8/11 Speaker



Alma Manzo
Community Educator

8/15 Speakers



Leslie Fuller Keri Larson
Community Educators

8/24 Speaker



Katie Mullen
Community Educator

8/30 Speaker



Leah Badalov
Community Educator

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

For centuries, we've 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 engagements and use hands-on tools to help your incorporate these recommendations into a plan for healthy aging.

Wed, Aug 10
5pm – 6pm

[Register Now](#)

Wed, Aug 17
11am – 12pm

[Register Now](#)

Thurs, Aug 25
5pm – 6pm

[Register Now](#)

8/10 Speaker



Debbie Williams
Community Educator

8/17 Speaker



Jenna McKee
Community Educator

8/25 Speaker



Malathy Venkatesh
Community Educator

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 behaviors messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Tues, Aug 23
10am – 11am

[Register Now](#)

Speaker



Graciela Mera
Community Engagement
Coordinator

Dementia Conversations:

Alzheimer's disease and other dementias gradually diminish a person's ability to communicate. Communication with a person with Alzheimer's requires patience, understanding and good listening skills. Learn that can help both you and the person with dementia understand each other better.

Thurs, Aug 18
10am – 11am

[Register Now](#)

Speaker



Jodie Khotim
Community Engagement
Coordinator

Early Stage Social Engagements*

Music Jam (In-Person)

August 9 – 11am-12:30pm

TMC for seniors — 2695 N. Craycroft Tucson, AZ
Come join us at our virtual Music Sing-Along. Bring your voices, energy, and sing along with us! Our guitarist Gene Hays will have preselected songs but suggestions are welcome.

Mindful Mondays (Virtual)

August 15 – 10am

Need to relax and slow down? Take a break and learn about mindfulness! We'll laugh and play as we try fun, new activities. Join us for mindful breathing, gentle movement, and tips for grateful living.

Early Stage Social Engagements (continued)*

Memory Cafe (In-Person)

August 10 - 3pm

Coco's Bakery & Restaurant — 7250 N. Oracle Rd.
Tucson, AZ 85704

Memory Café is a regularly scheduled get-together in a supportive, safe environment where people with dementia and their care partners can socialize and form friendships. Care partners are required to attend with their loved one.

NOTE: *These activities are open to people in the early stages of Alzheimer's/dementia.

To Register:

Please contact Nallelhy Ballesteros to register:
Nhballesteros@alz.org

Visit alz.org/crf to explore all free upcoming education programs and support groups or call 800.272.3900 for more information.