



Virtual Education Programs

FEBRUARY 2022



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.

Thursday, Feb 10

10am – 11am PT

11am – 12pm MT

[Register Now](#)

2/10 Speaker



Kathy Marzec
Community Educator

Friday, Feb 18

11am – 12pm PT

12pm – 1pm MT

[Register Now](#)

2/18 Speaker



Katie Mullen
Community Educator

Ten Warning Signs of Alzheimer's:

Your memory often changes with age. Some people recognize changes in themselves. In other cases, friends and family are the first to observe changes in memory, behavior or abilities. Alzheimer's and other dementia cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of Alzheimer's disease; 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 Alzheimer's Association resources.

Tuesday, Feb 8

10am – 11am PT

11am – 12pm MT

[Register Now](#)

2/8 Speaker



Katie Mullen
Community Educator

2/22 Speaker



Malathy Venkatesh
Community Educator

Tuesday, Feb 22

3pm – 4pm PT

4pm – 5pm MT

[Register Now](#)

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.

Tuesday, Feb 15

12pm – 1pm PT

1pm – 2pm MT

[Register Now](#)

Speaker



Leslie Fuller
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 you incorporate these recommendations into a plan for healthy aging.

Speaker



Graciela Mera
Community Engagement Coordinator

Thursday, Feb 3

2pm – 3pm PT

3pm – 4pm MT

[Register Now](#)

FEBRUARY 2022 Virtual Education Programs (continued)

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.

Monday, Feb 14

9am – 10am PT

10am – 11am MT

[Register Now](#)

Speaker



Jodie Khotim
Community Engagement
Coordinator

Dementia Conversations:

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about dementia and their changing behaviors can be challenging and uncomfortable. Learn tips and information on how to have honest and caring conversations with family members about issues relating to Alzheimer's disease and dementia.

Speaker



Kathy Marzec
Community Educator

Thursday, Feb 24

2pm – 3pm PT

3pm – 4pm MT

[Register Now](#)

Home from the Holidays

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

Wednesday, Feb 2

1pm – 2pm PT

2pm – 3pm MT

[Register Now](#)

Speaker



Dr. David Coon
Arizona State University

24/7 Helpline

Call 800.272.3900, 24 hours a day, 7 days a week to speak confidentially with a professional Care Consultant who will provide support, information about Alzheimer's and related dementia, guidance on care options, help with planning for the future, coaching for family members, strategies to address safety concerns, and referrals to local resources. Support is free of charge and offered in over 200 languages.

All Alzheimer's Association virtual classes are free of charge and are offered to individuals with Alzheimer's or other dementia, their families and care partners, and health professionals.

After you register for a class, a ZOOM video conference link will be provided to you.

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