

## Virtual Education Programs

# JANUARY 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.

1/6 Speaker



Kathy Marzec  
Community Educator

Thursday, Jan 6  
1pm – 2pm PT  
2pm – 3pm MT

[Register Now](#)

Monday, Jan 31  
5pm – 6pm PT  
6pm – 7pm MT

[Register Now](#)

1/31 Speaker



Martha Burrue  
Education Manager

### 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.

Speaker



Leslie Fuller  
Community Educator

Wednesday, Jan 26  
12pm – 1pm PT  
1pm – 2pm MT

[Register Now](#)

### 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.

1/12 Speaker



Evan Tsamas  
Community Educator

Wednesday, Jan 12  
9am – 10am PT  
10am – 11am MT

[Register Now](#)

Tuesday, Jan 25  
5pm – 6pm PT  
6pm – 7pm MT

[Register Now](#)

1/25 Speaker



Malathy Venkatesh  
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.

Speaker



Leslie Fuller  
Community Educator

Tuesday, Jan 11  
11am – 12pm PT  
12pm – 1pm MT

[Register Now](#)

# JANUARY 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.

Speaker



Jodie Khotim  
Community Engagement  
Coordinator

Tuesday, Jan 18  
12pm – 1pm PT  
1pm – 2pm MT

[Register Now](#)

## 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, Jan 20  
1pm – 2pm PT  
2p – 3pm MT

[Register Now](#)

## Support Groups

Support groups provide a forum to share feelings, concerns, information, and learn new skills. There is no cost for attending and no commitment to come back. All of our support groups are facilitated by trained individuals. Most groups are for all types of dementia care partners, but there are also specific groups designed for individuals with early stage dementia.

For more information, visit:

[www.alz.org/dsw/supportgroups](http://www.alz.org/dsw/supportgroups)

## 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](http://alz.org/crf) to explore all upcoming virtual education programs and support groups or call 800.272.3900 for more information.