

alzheimer's association™

Virtual Education Programs

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JANUARY 2021



This month's education theme is:

Healthy Living and Conversations After the Holidays

Classes highlighting this theme are designated with this symbol



This month's education theme is: Healthy Living and Conversations After the Holidays Classes highlighting this theme are designated with this symbol 				1	2
3	4	5  2:00 p.m. Healthy Living for Your Brain & Body	6 12:00 p.m. Understanding and Responding to Dementia-related Behavior	7	8 12:00 p.m. 10 Warning Signs
10	11  12:00 p.m. Healthy Living for Your Brain & Body	12 6:00 p.m. Effective Communication Strategies	13 4:00 p.m. Legal and Financial Planning	14 11:00 a.m. Understanding Alzheimer's and Related Dementia	15 11:00 a.m. Understanding and Responding to Dementia-related Behavior
17	18	19 11:00 a.m. 10 Warning Signs	20 1:00 p.m. Effective Communication Strategies	21  10:00 a.m. Healthy Living for Your Brain & Body	22
24	25 1:00 p.m. Legal and Financial Planning	26 2:00 p.m. Understanding Alzheimer's and Related Dementia	27	28  2:00 p.m. Dementia Conversations and COVID-19 Tips	29
31					30

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Healthy Living and Conversations After the Holidays
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10 Warning Signs: Learn how to recognize common signs of the 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.

– Friday, January 8 • 12pm – 1pm

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– Tuesday, January 19 • 11am – 12pm

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 **Dementia Conversations and COVID-19 Tips:** When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

– Thursday, January 28 • 2pm – 3pm

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Effective Communication Strategies: Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages and identify strategies to help you connect and communicate at each stage of the disease.

– Tuesday, January 12 • 6pm – 7pm

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– Wednesday, January 20 • 1pm – 2pm

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 **Healthy Living for Your Brain and Body:** Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to create a plan for healthy aging.

– Tuesday, January 5 • 2pm – 3pm

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– Monday, January 11 • 12pm – 1pm

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– Thursday, January 21 • 10am – 11am

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Legal and Financial Planning: The diagnosis of Alzheimer's disease makes planning for the future more important than ever. This class is an interactive two-part program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. Topics discussed will be: Making legal plans that fit your needs; Legal documents you'll need and what they mean; How to find legal and financial assistance; Practical strategies for making a long-term plan of care; Tax deductions and credits; and, Government programs that can help pay for care.

– Wednesday, January 13 • 4pm – 5pm

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– Monday, January 25 • 1pm – 2pm

[REGISTER NOW](#)

Understanding Alzheimer's and Related Dementia: Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to create a plan for healthy aging.

– Thursday, January 14 • 11am – 12pm

[REGISTER NOW](#)

– Tuesday, January 26 • 2pm – 3pm

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Understanding and Responding to Dementia-related Behavior: 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.

– Wednesday, January 6 • 12pm – 1pm

[REGISTER NOW](#)

– Friday, January 15 • 11am – 12pm

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