

# What's Happening

alzheimer's  association

**Feb/March 2020**  
Central/Western Kansas

## EDUCATION PROGRAMS

### LUNCH & LEARN: 10 WARNING SIGNS OF ALZHEIMER'S

**Tuesday, February 4**

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to 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. 12:00 - 1:00 p.m. Chapter office, 1820 E. Douglas, Wichita, KS. Lunch will be served. Register at [alz.org/crf](http://alz.org/crf).

### LIVING WITH ALZHEIMER'S FOR CAREGIVERS - EARLY STAGE

**Wednesday, February 12**

In the early stage of Alzheimer's disease, families face new questions as they adjust. This 3-part program provides practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis. 9:00 a.m. - 12:00 p.m. Chapter office, 1820 E. Douglas, Wichita, KS. Register at [alz.org/crf](http://alz.org/crf).

### LIVING WITH ALZHEIMER'S FOR CAREGIVERS - MIDDLE STAGE

**Wednesday, February 19**

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. 9:00 a.m. - 12:00 p.m. Chapter office, 1820 E. Douglas, Wichita, KS. Register at [alz.org/crf](http://alz.org/crf).

### 10 WARNING SIGNS OF ALZHEIMER'S

**Sunday, February 23**

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to 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. 2:30 - 3:30 p.m. Westlink Library, 8515 W Bekemeyer St., Wichita, KS. Register at [alz.org/crf](http://alz.org/crf).

### CAREGIVER EDUCATION

**Tuesday, February 25**

Are you caring for someone with dementia? If so, please try to attend this morning program with three important topics: 10 Warning Signs of Alzheimer's, Understanding Alzheimer's and Dementia, and Effective Communication Strategies. 9:00 a.m. - 12:00 p.m. Colby Community College, 1255 S. Range Ave, Student Union, Multi-purpose Room. Register at [alz.org/crf](http://alz.org/crf) or call 800.272.3900.

### LIVING WITH ALZHEIMER'S FOR CAREGIVERS - LATE STAGE

**Wednesday, February 26**

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this 2-part series, you'll hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families. 9:00 a.m. - 12:00 p.m. Chapter office, 1820 E. Douglas, Wichita, KS. Register at [alz.org/crf](http://alz.org/crf).

## LUNCH AND LEARN: UNDERSTANDING ALZHEIMER'S AND DEMENTIA

**Tuesday, March 3**

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. 12:00 - 1:00 p.m. Chapter office, 1820 E. Douglas, Wichita, KS. Lunch will be served. Register at [alz.org/crf](http://alz.org/crf).

## ONGOING SUPPORT GROUPS

The Central and Western Kansas chapter provides nearly 20 support groups for individuals with Alzheimer's disease and their caregivers. A complete list can be found at [alz.org/crf](http://alz.org/crf).

## FREE ONLINE TRAINING

The Alzheimer's Association provides a variety of online training that you can take anywhere, any time. All classes are free and available on our website, so you can get trained on your own schedule. A complete list of training classes can be found at [training.alz.org](http://training.alz.org).

## OTHER EVENTS

### THE LONGEST DAY KICKOFF PARTY

**Tuesday, February 11**

We are launching our The Longest Day season and we want you to join us! As a participant, you choose an activity you love, or that someone you are honoring loves, and do the activity, asking friends and family to support your effort by joining your activity and/or make a donation to your fundraising efforts. Then, we will all celebrate on the longest day of the year, June 20. Learn more about how you can get involved at our kickoff party; 4:30 p.m. at Hopping Gnome, 1710 E. Douglas Ave. Please RSVP to Jonnie Norton, [jonorton@alz.org](mailto:jonorton@alz.org) or 316.267.7333, ext. 1188.

### KANSAS STATE ADVOCACY DAY

**Thursday, February 20**

Please join us on this exciting day as we gather at the Kansas Health Institute, **DRESSED IN PURPLE**, to show our elected officials that we are passionate about being the voice of those impacted by Alzheimer's disease. 9:00 a.m. to 4:00 p.m. 212 SW 8th Ave., #300, Big Blue Stem Room, Topeka, KS. Lunch is included. Transportation from Wichita chapter office is available. Register today by calling 800.272.3900. For more information or to reserve transportation, please contact Jamie Gideon, [jjgideon@alz.org](mailto:jjgideon@alz.org).

### ALZHEIMER'S COMMUNITY FORUM

**Tuesday, March 10**

This is a great opportunity for anyone to come and share your thoughts about how the Alzheimer's Association can help those in your community with dementia or who are caring for someone with dementia. There will be open discussion about Alzheimer's, dementia and memory loss. Lunch will be provided. Registration is requested. 11:30 a.m. - 1:00 p.m. K-State Polytechnic College Center, 2310 Centennial Road, Salina, KS. Please call 800.272.3900 or visit [alz.org/crf](http://alz.org/crf) to register.

**For more information about additional Alzheimer's Association programs, please call 800.272.3900 or logon to [alz.org/crf](http://alz.org/crf). Once you are logged on, click on ALZHEIMER'S ASSOCIATION PROGRAMS AND EVENTS, then click on a category and enter your zipcode into the search.**



**Our work is only possible with help and support of volunteers. Learn more at:**

**[volunteer.alz.org](http://volunteer.alz.org)**