

# What's Happening

alzheimer's  association

March/April 2020  
Central/Western Kansas

## EDUCATION PROGRAMS

### 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 provided. Register at [alz.org/crf](http://alz.org/crf).

### UNDERSTANDING ALZHEIMER'S AND DEMENTIA

**Tuesday, March 17**

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. 11:30 a.m., Belle Plaine Senior Center, 500 N. Logan, Belle Plaine, KS. Register at [alz.org/crf](http://alz.org/crf) or call 800.272.3900.

### LUNCH & LEARN: LEGAL AND FINANCIAL PLANNING

**Tuesday, April 7**

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. This interactive two-part program gives you 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 covered will include: Making legal plans that fit your needs; Legal documents you'll need and what they mean for all of you; 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. 12:00 – 1:00 p.m. Chapter office, 1820 E. Douglas, Wichita, KS. Lunch will be provided. Register at [alz.org/crf](http://alz.org/crf) or call 800.272.3900.

### UNDERSTANDING ALZHEIMER'S AND DEMENTIA

**Wednesday, April 8**

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. 11:00 a.m., Bradford Memorial Library, 611 S. Washington, El Dorado, KS. Register at [alz.org/crf](http://alz.org/crf) or call 800.272.3900.

### HEALTHY LIVING FOR YOUR BRAIN AND BODY

**Sunday, April 26**

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 engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. 2:30 p.m., Westlink Library, 8515 W. Bekemeyer, Wichita, KS. Register at [alz.org/crf](http://alz.org/crf) or call 800.272.3900.

## OTHER EVENTS AND OPPORTUNITIES

### 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.

### WICHITA WALK TO END ALZHEIMER'S COMMITTEE ORIENTATION

**Tuesday, March 10**

Join us to learn more about how you can get involved in helping shape this very important fundraiser to raise funds for Alzheimer's care, support and research. Alzheimer's Association, 1820 E. Douglas, 4:30 p.m. – 8:00 p.m.

### HUTCHINSON WALK TO END ALZHEIMER'S VOLUNTEER KICKOFF PARTY

**Monday, March 30**

Join us to learn how you can get involved in this community-wide event. Drop by Holly's Sweet Treats, 205 S Main St., from 5:30 to 7:00 p.m. Please RSVP to Abigail Wilson at [abigail.wilson@legendseniorliving.com](mailto:abigail.wilson@legendseniorliving.com) or 620.663.9195.

### MEMORY GALA

**Friday, May 1**

Join us for a wonderful evening including dinner, dancing and a live auction to raise critical funds for Alzheimer's care, support and research. 6:00 p.m. at Mark Arts, 1307 N. Rock Rd, Wichita, KS. \$300 single ticket or \$3,000 for a table of 10. Sponsorship opportunities are available by contacting Fe Vorderlandwehr at 316.267.7333 or [fvorderlandwehr@alz.org](mailto:fvorderlandwehr@alz.org).

alzheimer's association  
*memory Gala*

### 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.

Examples of classes available online include:

- Dementia Conversations
- Effective Communication Strategies
- Know the 10 Signs of Alzheimer's
- Living with Alzheimer's (For individuals with the disease and also separate courses for caregivers of those with Alzheimer's disease)

A complete list of training classes can be found at [training.alz.org](http://training.alz.org).

**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)**