

SEPTEMBER, OCTOBER AND NOVEMBER VIRTUAL, DIAL-IN AND IN-PERSON EDUCATION PROGRAMS

10 Warning Signs of Alzheimer's

Tuesday, Sept. 14, 11 a.m.-noon | [Register](#)
Feat. Maintaining Independence with MI Choice Waiver Program
Thursday, Sept. 16, 1-2 p.m. | [Register](#)
Tuesday, Oct. 5, 3-4 p.m. | [Register](#)
Wednesday, Oct. 6, 1:30-2:30 p.m. | [Call Helpline](#)
Monday, Oct. 11, 1-2 p.m. | [Call Helpline](#)
Tuesday, Oct. 12, 10:30-11:30 a.m. | [Register](#)
Thursday, Oct. 14, 11-11:30 a.m. | [Call Helpline](#)
Tuesday, Nov. 9, 7-8 p.m. | [Register](#)

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Tuesday, Sept. 14, 10-11 a.m. | [Register](#)
Tuesday, Sept. 14, 6-7 p.m. | [Register](#)
Wednesday, Sept. 29, 3-4 p.m. | [Register](#)

Effective Communication Strategies

Wednesday, Sept. 1, 11 a.m.-noon | [Register](#)
Feat. Using Assistive Technology
Thursday, Sept. 16, 6-7 p.m. | [Register](#)
Wednesday, Sept. 29, 11 a.m.-noon | [Register](#)
Feat. A Dementia Caregiver's Guide to Engaging Activities
Monday, Oct. 11, 2-3 p.m. | [Register](#)
Monday, Oct. 25, 2-3 p.m. | [Register](#)
*Saturday, Nov. 13, 10:30-11 a.m. | [Call Helpline](#)

Healthy Living for Your Brain and Body: Tips from the Latest Research

Monday, Sept. 13, noon-1 p.m. | [Register](#)
Monday, Sept. 13, 1-2 p.m. | [Register](#)
Monday, Nov. 8, 1-2 p.m. | [Call Helpline](#)
Tuesday, Nov. 9, 3-4 p.m. | [Register](#)
Wednesday, Nov. 17, 1:30-2:30 p.m. | [Call Helpline](#)

Legal & Financial Planning

Monday, Nov. 8, 2-4 p.m. | [Register](#)

Living with Alzheimer's: For Caregivers (Middle-Stage) | 3-Part Series

Part 1: Monday, Sept. 13, noon-1:30 p.m. | [Register](#)
Part 2: Monday, Oct. 11, noon-1:30 p.m. | [Register](#)
Part 3: Monday, Nov. 8, noon-1:30 p.m. | [Register](#)

Living with Alzheimer's: For Caregivers (Late-Stage) | 2-Part Series

Part 1: Thursday, Sept. 9, 3-4:30 p.m. | [Register](#)
Part 2: Thursday, Sept. 16, 3-4:30 p.m. | [Register](#)

Understanding Alzheimer's and Dementia

Thursday, Oct. 21, 3-4 p.m. | [Register](#)

Understanding and Responding to Dementia-Related Behaviors

Tuesday, Sept. 21, 7-8:30 p.m. | [Register](#)
Tuesday, Sept. 28, 10-11:30 a.m. | [Register](#)
Wednesday, Nov. 17, 6-7:30 p.m. | [Register](#)

*Part of Dementia Super Saturday Series

Select offerings listed. For full programming, please visit alz.org/gmc.

Visit alz.org/crf, email helplinegmc@alz.org or call **800.272.3900** to register



Self-paced programs available at alz.org/training

DISEASE EDUCATION

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others.

Healthy Living for Your Brain and Body: Tips from the Latest Research

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.

Understanding Alzheimer's and Dementia

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments, and ways the Alzheimer's Association can help.

FOR PERSONS LIVING WITH DEMENTIA

Living with Alzheimer's: For People with Alzheimer's

A diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are. You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Living with Alzheimer's: For Younger-Onset Alzheimer's

Join us to get answers to questions that arise for individuals who receive a diagnosis of Alzheimer's under the age of 65. Hear from those directly affected, get planning advice and learn how to navigate your journey.

FOR CAREGIVERS

Effective Communication Strategies

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Living with Alzheimer's: For Caregivers/Care Partners

Learn helpful strategies to provide safe, effective and comfortable care for individuals living with Alzheimer's disease.

Understanding and Responding to Dementia-Related Behavior

Learn about common triggers for behaviors associated with dementia, how to assess a person's needs and how to intervene effectively.

PLANNING AHEAD

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

Legal and Financial Planning

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.

Visit alz.org/crf, email helplinegmc@alz.org or call **800.272.3900** to register



Self-paced programs available at alz.org/training

Connect with us at alz.org/gmc and follow us @alzmichigan    

SEPTEMBER, OCTOBER AND NOVEMBER VIRTUAL, DIAL-IN AND IN-PERSON SOCIAL ENGAGEMENT PROGRAMS

Bruce H. and Rosalie N. Rosen Community Connect Program

From Dreamland to Disneyland: American Amusement Parks with The Henry Ford

Thursday, Sept. 2, 11 a.m.-noon | [Register](#)

History of Amusement Parks with the Wayne Historical Society

Thursday, Sept. 9, 2-3 p.m. | [Register](#)

Vintage Improvisation Detroit

Monday, Sept. 13, 1-2 p.m. | [Register](#)

Minds in the Wild at the Detroit Zoo

Tuesday, Sept. 14, 1-2:30 p.m. | [Register](#)

Meet me at the BBAC

Friday, Sept. 17, 1:30-3 p.m. | [Register](#)

Minds on Art with the Detroit Institute of Arts

Monday, Sept. 20, 1-2 p.m. | [Register](#)

Memory Café - Nick's Country Oven, Clawson

Friday, Sept. 24, 10:30 a.m.-noon | [Register](#)

Return to Greenfield Village at The Henry Ford

Thursday, Sept. 30, 2-4 p.m. | [Register](#)

Minds in the Wild at the Detroit Zoo

Tuesday, Oct. 12, 1-2:30 p.m. | [Register](#)

Open Rehearsal at the Detroit Symphony Orchestra

Thursday, Oct. 14, 10 a.m.-12:30 p.m. | [Call Helpline](#)

Minds on Art with the Detroit Institute of Arts

Monday, Oct. 18, 1-2 p.m. | [Register](#)

Memory Café - Nick's Country Oven, Clawson

Friday, Oct. 22, 10:30 a.m.-noon | [Register](#)

Folk Music at The Henry Ford

Tuesday, Nov. 2, 2-4 p.m. | [Call Helpline](#)

Bruce H. and Rosalie N. Rosen Community Connect Program (cont.)

Yankee Air Museum

Thursday, Nov. 4, 1-3 p.m. | [Register](#)

Minds in the Wild with the Detroit Zoo

Tuesday, Nov. 9, 1-2 p.m. | [Register](#)

Minds on Art with the Detroit Institute of Arts

Monday, Nov. 15, 1-2 p.m. | [Register](#)

Detroit Symphony Orchestra Office Performance

Monday, Nov. 29, 2-3 p.m. | [Call Helpline](#)

Early-Stage Social Club

(pre-registration required)

Wednesday, Sept. 1, 1-2 p.m. | [Call Helpline](#)

Wednesday, Sept. 8, 1-2 p.m. | [Call Helpline](#)

Wednesday, Sept. 15, 1-2 p.m. | [Call Helpline](#)

Wednesday, Sept. 22, 1-2 p.m. | [Call Helpline](#)

Wednesday, Sept. 29, 1-2 p.m. | [Call Helpline](#)

Wednesday, Oct. 6, 1-2 p.m. | [Call Helpline](#)

Wednesday, Oct. 13, 1-2 p.m. | [Call Helpline](#)

Wednesday, Oct. 20, 1-2 p.m. | [Call Helpline](#)

Wednesday, Oct. 27, 1-2 p.m. | [Call Helpline](#)

Wednesday, Nov. 3, 1-2 p.m. | [Call Helpline](#)

Wednesday, Nov. 10, 1-2 p.m. | [Call Helpline](#)

Wednesday, Nov. 17, 1-2 p.m. | [Call Helpline](#)

Wednesday, Nov. 24, 1-2 p.m. | [Call Helpline](#)

Select offerings listed. For full programming, please visit alz.org/gmc.

An Alzheimer's or dementia diagnosis can often be isolating — it is important to help the diagnosed individual remain engaged and socially active. We offer free social engagement opportunities that incorporate recreation, arts, culture and relaxation activities.

Visit alz.org/crf, email helplinegmc@alz.org or call **800.272.3900** to register

