

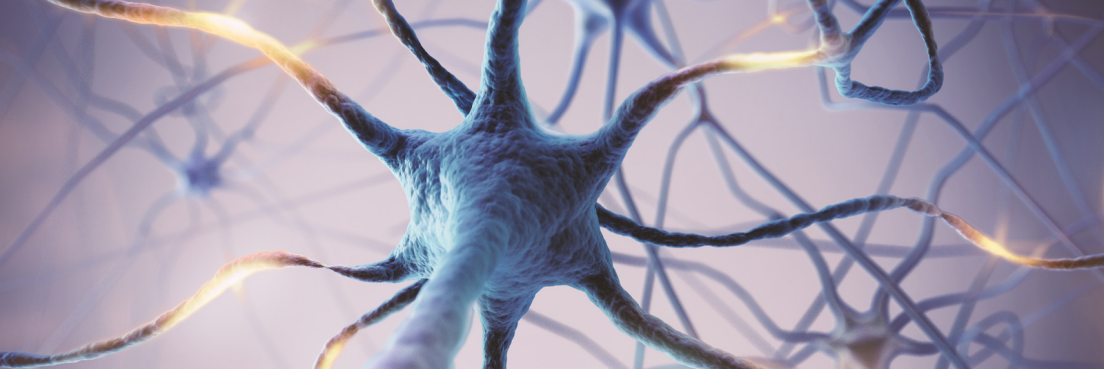
PROGRAM CATALOG

presented by the Alzheimer's Association®

SECOND EDITION

alzheimer's
association





Aducanumab Approved for Treatment of Alzheimer's Disease

Aducanumab (Aduhelm™) has been approved as a treatment for Alzheimer's by the U.S. Food and Drug Administration (FDA). This is the first FDA-approved therapy to potentially delay decline from the disease, compared to current medications that only address symptoms.

It is also the first therapy to demonstrate that removing amyloid from the brain may delay decline in people living with Alzheimer's. Approval of this therapy underscores the importance of early detection and diagnosis to ensure individuals receive the most benefit as soon as possible.

The historic approval of aducanumab ushers in an exciting era in Alzheimer's and dementia treatment and research. Approvals of the first drug in a new category benefit people living with the disease by invigorating the field, increasing investments in treatments and generating innovation. **Learn more at alz.org/aduhelm.**



Dear Friends,

Greetings from the Dallas & Northeast Texas chapter of the Alzheimer's Association. This program catalog contains amazing resources to support individuals living with Alzheimer's, their care partners, and the general public.

We have resumed offering in-person Support Groups and Education, and continue to provide virtual opportunities as well. **We welcome the opportunity to provide a free educational presentation for your organization, community group, or school.** We appreciate your help to raise awareness and connect our resources with new audiences. You may submit your speaker requests at tinyurl.com/NETXedu, or call our Helpline at **800.272.3900**.

We are very excited to announce that our Walk to End Alzheimer's events will be held in person this year! There is a complete list of our chapter's Walks on the back of this program. We hope to see you at one - or several!

Sincerely,

Mark Denzin, Executive Director



REQUEST FREE RESOURCES

The Alzheimer's Association has a robust offering of resources and services. Request custom resources today by visiting tinyurl.com/Connect2Alz

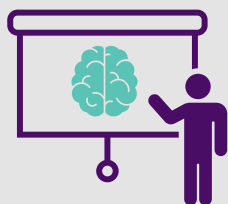


24/7 Helpline 800.272.3900

The 24/7 Helpline is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

Contact the Helpline day or night to:

- Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- Learn about the symptoms of Alzheimer's and other dementias.
- Find out about local programs and services.
- Get general information about legal, financial and care decisions, as well as treatment options for managing symptoms.
- Receive help in your preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.



FREE PRESENTATIONS FOR YOUR ORGANIZATION

available in-person or via webinar

Contact the Alzheimer's Association to schedule free presentations for your organization. Learn about the signs, symptoms, causes, available treatments, and care strategies. These programs also provide information on local resources and support for people living with dementia and their care partners. Help us expand the reach of our community by scheduling a presentation today!

For more info visit tinyurl.com/NETXedu, or call 800.272.3900.

Education Presentations

The Association offers a variety of education programs to increase knowledge and support those facing Alzheimer's disease and dementia. To see a full list of education programming please visit tinyurl.com/NETXedu



LUNCH LEARN &

PARTNERED WORKSHOPS
join by phone, tablet, or computer
EVERY OTHER FRIDAY STARTING IN JULY

TOPICS INCLUDE

Warning signs of dementia
Dementia-related behaviors
Communication strategies
Alzheimer's vs. dementia
Tips for important discussions
Risk factors
Tips for healthy aging
Advances in dementia science
Normal aging vs Alzheimer's
Stages of Alzheimer's



YOUR MIND MATTERS

EDUCATION SERIES

TUESDAYS AT 1:00 PM

PRESENTATIONS INCLUDE

10 Warning Signs of Alzheimer's
Healthy Living for Your Brain & Body
Understanding Alzheimer's and Dementia
Dementia Conversations



BUILDING YOUR CAREGIVER CONFIDENCE



EDUCATION SERIES

SATURDAYS AT 10:00 AM

TOPICS INCLUDE

Understanding Alzheimer's & Dementia

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

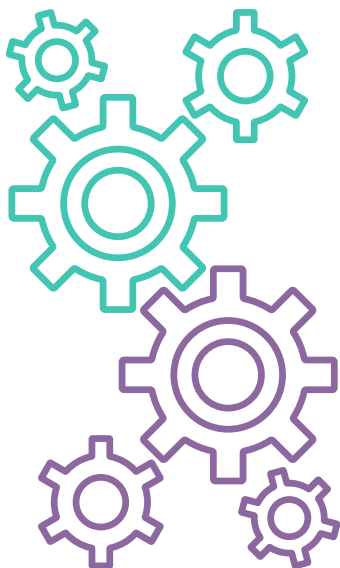
Effective Communication Strategies

Understanding & Responding to Dementia-Related Behavior

join by phone, tablet, or computer

Register Today!

tinyurl.com/NETXedu



Changing Gears: Series for Newly Diagnosed Individuals

An Alzheimer's diagnosis can feel life-altering. While the disease is difficult, you do not have to stop living. Changing Gears is an educational program about shifting your focus and way of life, in order to make living with Alzheimer's disease easier for you and your care partner.

This program covers the basics of Alzheimer's disease and extends into planning and preparing for the months ahead. We encourage individuals and their caregivers to attend all sessions.

For more information [click here!](#)

Table Talk

This virtual program connects caregivers, professionals, and the general public to Association staff, industry experts, and community providers to discuss a variety of topics. See sample topics below.

Register today! tinyurl.com/ConvoALZ



EVERY OTHER TUESDAY FROM 3:00 - 4:00 PM

There are many issues to consider when dealing with a dementia diagnosis, and this program explores various topics and publications with subject matter experts. Topics include, but aren't limited to:

Caregiver Stress & Self-Care

Dementia & Driving Concerns

Activities at Home

Grief and Loss as Dementia Progresses

Legal Planning

Home Safety & Wandering

Stages of Dementia

Tips for the Holidays

Understanding Hospice and Palliative Care

Working with Residential Staff and Residents Rights



**Our work is only possible
with the help of volunteers.**

We are seeking support group facilitators and community educators. To learn more about these opportunities visit volunteer.alz.org



Dementia Caregiver Support Groups

As a caregiver, you likely have many responsibilities. It is important to take care of your own well-being and to connect with others that understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a system of support
- Exchange practical information on caregiving challenges
- Discuss practical solutions
- Talk through issues and ways of coping
- Share feelings, needs, and concerns
- Learn about community resources
- Increase understanding of dementia

VIRTUAL GROUPS

For a full list of virtual support groups, please visit tinyurl.com/DNETXalzSG

IN-PERSON GROUPS

To locate a caregiver support group in your area, please visit alz.org/CRF



Online Dementia Care Training

The Alzheimer's Association offers a full catalog of courses available online, 24 hours a day. Certificate of coursework available upon completion.



Alzheimer's and dementia doesn't come with an instruction manual, but there are resources available to help. Use these free education programs to learn more about what to expect and how to prepare for the future.

Courses Include

About Alzheimer's disease

10 Warning Signs of Alzheimer's

Understanding Alzheimer's and Dementia

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

Programs for Caregivers

Driving, Doctor Visits, Legal & Financial Planning

Effective Communication Strategies

Legal and Financial Planning for Alzheimer's Disease

Understanding and Responding to Dementia-Related Behavior

Programs for people living with Alzheimer's

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

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



Sign Up Today!

Learn from the comfort of home.
Visit training.alz.org.

Early Stage Services

The Alzheimer's Association's early-stage initiative provides comprehensive programs for individuals living with early-stage dementia and their care partners.



Early Stage Socialization Programs - Presented on Zoom

- Whether you're looking to join a support group, or participate in social engagement opportunities with others living with Alzheimer's or dementia, we have many opportunities to connect.

Changing Gears Education Program

- While a dementia diagnosis is difficult, you do not have to stop living. This 4-week series (offered monthly) is an educational program about shifting your focus and way of life, in order to make living with dementia easier for you and your care partner.

Live Well Online Resource Center

- This online resource can help empower those facing an early stage diagnosis to take steps to live well for as long as possible, and find the confidence to face challenges ahead. Topics include:

<i>Taking Care of Yourself</i>	<i>Living in the Moment</i>
<i>Reducing Stress</i>	<i>Leaving Your Legacy</i>
<i>Tips for Daily Living</i>	<i>Life After a Diagnosis</i>
<i>Helping Family and Friends</i>	<i>Maximizing Independence</i>

To learn more, visit tinyurl.com/LiveWellALZ

Full list of early-stage engagement opportunities

tinyurl.com/earlystageSOCIAL



Programas en Español

Nadie debe enfrentarse solo al Alzheimer. Tenemos recursos para ayudar. Para obtener una lista completa de la programación gratuita disponible en español, por favor visite tinyurl.com/ALZayuda

Grupo de Apoyo

- Construir un sistema de apoyo con personas que entiendan los desafíos de cuidar a un ser querido. Los grupos de apoyo, dirigidos por facilitadores, son un lugar seguro para los cuidadores, familiares y amigos de personas con demencia:
 - Desarrollar un sistema de soporte
 - Intercambie información prácticasobre los desafíos del cuidado y las posibles soluciones
 - Hablar sobre cuestiones y formas de afrontar
 - Compartir sentimientos, necesidades y preocupaciones
- El grupo de apoyo se reúne el segundo jueves de cada mes de 5:30 PM a 6:30 PM. Para registrar tinyurl.com/ALZAPOYO

Pláticas con Profesionales

- Este programa se reúne mensualmente y crea una oportunidad para que las familias hagan preguntas de expertos sobre el cuidado de un ser querido con demencia. Este programa se reúne los 4th jueves de cada mes a las 10:00 AM. Para registrar, visite tinyurl.com/Platicas-ENDALZ.

Línea de ayuda 24/7 (1.800.272.3900)

- Póngase en contacto con la Línea de Ayuda de día o de noche para hablar confidencialmente con los consultores de atención para obtener apoyo para la toma de decisiones, asistencia en situaciones de crisis y educación sobre los problemas que enfrentan las familias todos los días.

Para obtener más información, visite alz.org/espanol



ALZHEIMER'S DISEASE IS RELENTLESS. SO ARE WE.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

October 2	Sherman/Denison
October 9	Waxahachie
October 9	Longview
October 23	Texarkana
October 23	Grandscape
November 6	Dallas
November 13	Tyler

Register today at alz.org/walk or 800.272.3900