SPRING PROGRAMS

presented by the Alzheimer's Association®

APRIL 2021 - JUNE 2021

alzheimer's association®

2021 ALZHEIMER'S DISEASE FACTS AND FIGURES

DISCRIMINATION

is a barrier to Alzheimer's and dementia care. These populations reported discrimination when seeking health care:

- 50% of Black Americans
- 42% of Native Americans
- 34% of Asian Americans
- 33% of Hispanic Americans

1 IN 3

seniors dies with Alzheimer's or another dementia

It kills more than

BREAST CANCER + PROSTATE CANCER

MORE THAN 6 MILLION

Americans are living with Alzheimer's

Between 2000 and 2019, deaths from heart disease have **DECREASED 7.3%**

while deaths from Alzheimer's disease have **INCREASED 145%**

Alzheimer's and dementia deaths have increased **16%** during the COVID-19 pandemic

In 2021, Alzheimer's and other dementias will cost the nation **$355 BILLION**

By 2050, these costs could rise to more than **$1.1 TRILLION**

OVER 11 MILLION

Americans provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided an estimated 15.3 billion hours valued at nearly **$257 BILLION**

24/7 Helpline
800.272.3900

CONTACT THE ALZHEIMER'S ASSOCIATION DAY OR NIGHT. WE ARE HERE TO HELP.

The 24/7 Helpline is available day or night by trained dementia specialists, and offers support, information, referrals, and care consultations.

alzheimer's association®

Spring forward with us!

Dear Friends,

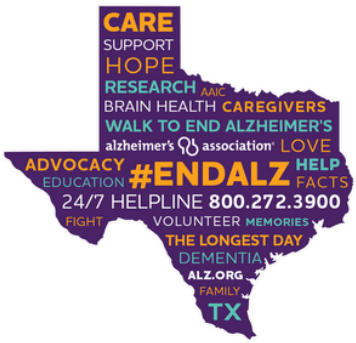
We are pleased to present to you this Alzheimer's Association Spring 2021 program catalog, which highlights some of the many engagement opportunities the Dallas & Northeast Texas chapter offers. There truly is something for everyone. We hope that as you explore the pages, you will take a moment to register for an event (or two!) and consider inviting others in your family and community to join you. While our education and support groups continue to be offered virtually at this time, there is always the option to join by phone if you prefer.

Our 24/7 Helpline 800-272-3900, can assist you with any questions or needs you might have - day or night. We look forward to spending some time with you this Spring as we all work toward our vision: "A World without Alzheimer's and all other dementia."

Mark Denzin, Executive Director

Dallas & Northeast Texas Team

Clarissa Clarke
Jennifer Bowring
Kathy Shockley
Haley Rice
Lee Speno
Ashley Walter
Imelda Aguirre
Kelly Wilmore
Karen Jennings
Tanesha Tyler-Carr
Scott Finley
Angela Hodges
Megan Rowe



EDUCATION

Learn & Go: 30 Minute Workshops

- **April 20 at 10:00 AM - 10 Warning Signs**
  - Register at tinyurl.com/LNGAPR20
- **April 27 at 10:00 AM - Understanding Alzheimer's and Dementia**
  - Register at tinyurl.com/LNGAPR27
- **May 11 at 10:00 AM - Effective Communications**
  - Register at tinyurl.com/LNGMAY11
- **May 25 at 10:00 AM - Understanding Dementia-Related Behaviors**
  - Register at tinyurl.com/LNGMAY25
- **Jun 8 at 10:00 AM - 10 Warning Signs**
  - Register at tinyurl.com/LNGJUN08
- **Jun 22 at 10:00 AM - Understanding Alzheimer's and Dementia**
  - Register at tinyurl.com/LNGJUN22

Table Talk

Tuesday Table Talks | 3:00 - 4:00 PM

This program connects caregivers, professionals, and the general public to Alzheimer's Association staff, industry experts, and community providers to discuss a variety of topics related to disease information, community resources, research, legal and financial information, and more! **For a list of upcoming topics, and to register, please visit tinyurl.com/convoalz.**

"I volunteer on behalf of my late grandmother, Mrs. Harris, who always enjoyed helping others in her community. She loved everyone and always said, 'loneliness is the worst thing in the world,' and it was heartbreaking to see her experience loneliness with this disease. It is therapeutic for me to educate others about Alzheimer's disease and have a positive impact on my community."

Dr. Stanita Jackson
Board Member, Community Educator
Alzheimer's Association, Dallas & Northeast Texas Chapter

alzheimer's association®

EDUCATION

More Ways to Connect to Education

To register for the following programs please visit tinyurl.com/DallasALZedu

Your Mind Matters Tuesdays at 1:00 PM

- Week 1 - Healthy Living for Your Brain & Body
- Week 2 - 10 Warning Signs
- Week 3 - Understanding Alzheimer's and Dementia
- Week 4 - Dementia Conversations

Friday Lunch & Learns every at 11:30 AM | Every other Friday will feature a lunch and learn opportunity including Alzheimer's Association education curriculum paired with special guest speakers to include special topics.

Building Your Caregiver Confidence Saturdays at 10:00 AM

- Week 1 - Understanding Alzheimer's and Dementia
- Week 2 - Dementia Conversations
- Week 3 - Effective Communication Strategies
- Week 4 - Understanding Dementia-Related Behaviors

Care Training Resources

Being a caregiver doesn't come with an instruction manual, but there are resources available to help. Use the free trainings and workshops on this page (offered in English and Spanish) to gain caregiving skills and practical advice. Courses include:

- 10 Warnings Signs
- Understanding Alzheimer's & Dementia
- Effective Communication Strategies
- Understanding & Responding to Dementia-Related Behaviors
- Healthy Living for Your Brain & Body
- and more!

Visit training.alz.org to take your first workshop today!

THE LONGEST DAY®

alzheimer's association®

THE DAY WITH THE MOST

LIGHT IS THE DAY WE FIGHT.®

June 20, 2021

Register today! Select your activity at alz.org/TLD

Younger-Onset Resources

The Alzheimer's Association has resources available specifically for those impacted by Younger-onset. Request your custom resources by visiting:

tinyurl.com/Connect2Alz

Younger-Onset Conference

Friday, June 25

9:00 AM - 12:30 PM

Younger-Onset Alzheimer's affects people younger than 65, and presents unique challenges. Join us for a morning of learning as we explore topics about taking action after a diagnosis, living well with dementia, planning for the future, and available resources. CEU's available for social workers. *Join by phone or computer.*

Register by visiting tinyurl.com/YOalzCONF

alzheimer's association®

Online Caregiver Center

Caring for a person with Alzheimer's or dementia often involves a team of people. Whether you provide daily caregiving, participate in decision making, or simply care about a person with the disease — we have resources to help. Visit alz.org/care for more information.

Live Chat Now Available!

Caregiver Conference: Addressing Caregiver Burnout

Friday, May 28th
9:00 AM - 12:00 PM

Alzheimer's and dementia caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful. Join the Alzheimer's Association and local community partners, as we discuss, self-care tips, communication strategies, and local resources that can assist caregivers when experiencing burnout. **3.0 contact hours available for social work.**

Register by visiting tinyurl.com/CGBURN21

alzheimer's association

SUPPORT SERVICES

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. Caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Exchange practical information on caregiving challenges & possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

Support groups are available to join by phone or computer. Register for a support group today by calling the 24/7 Helpline at 800.272.3900 or visiting the following links:

- **Denton Area Support Group**
  - 1st & 3rd Thursdays at 7:30 PM tinyurl.com/DentonCG
- **Men's Support Group**
  - 1st Wednesdays at 12:00 PM tinyurl.com/mensSGalz
- **Methodist Dallas Support Group**
  - 1st Saturdays at 11:00 AM tinyurl.com/MDallasSG
- **Grupo de Apoyo**
  - 2nd Thursdays at 5:30 PM tinyurl.com/grupoespanol
- **Weekly Support Group**
  - Wednesdays at 1:00 PM tinyurl.com/alzweeklysg

SUPPORT SERVICES

Care Conslutations

When you or your loved one is living with dementia and you don't know where to turn for information, we are here to help. Individuals and families can make an appointment with a Care Consultant who will help assess needs, problem-solve, and provide information about available resources. Additionally, the Care Consultant will assist in creating an action plan that will help the family know what steps they need to take next. Common topics include:

- Disease information and obtaining a diagnosis
- Working through difficult transitions
- Learning ways to respond when faced with challenges
- Managing day-to-day needs
- and more!

Schedule your free care consultation today by calling the 24/7 Helpline at 800.272.3900.

> **No one should face this journey alone.** There are people who understand what you are going through, and help is available.

Kathy Shockley, MA, LNHA
Director, Programs & Services
Alzheimer's Association
Dallas & Northeast Texas Chapter

Caregiver Tool Checklist

☑ **MAP OUT A PLAN TO APPROACH ALZHEIMER'S**
AlzNavigator.org is an online tool helping guide Caregivers to answers by creating a plan of action.

☑ **GET CONNECTED AT ALZCONNECTED®**
Join others to share concerns and advice about dementia through this online forum at alzconnected.org

☑ **REQUEST CUSTOM RESOURCES**
Need information on specific topics? Request resources today by visiting tinyurl.com/Connect2Alz

alzheimer's association®

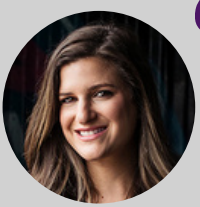
If you have been diagnosed with Alzheimer's or another dementia, **you are not alone.**

Early Stage Services

Our early-stage initiative provides comprehensive programs for individuals living with early-stage Alzheimer's disease or related dementias and their care partners. Programs can be joined by phone or computer. **Register by calling the 24/7 Helpline at 800.272.3900 or visiting the following links:**

- **Changing Gears** - A 4-week educational series about shifting your focus and way of life in order to make living with Alzheimer's disease easier for you and your care partner.
  - Thursdays from 10:30 AM – 12:00 PM | tinyurl.com/ChangingGears21
- **Plano Library Memory Keepers** - Library staff open the program with a brief presentation on various topics ranging from travel to romance. Participants are invited to share an item or story with the group related to the theme.
  - 2nd and 4th Mondays at 10:30 AM | tinyurl.com/MKPlano
- **Playful Mindfulness** - This fun workshop aims to teach the therapeutic and scientific benefits of mindfulness and how to embed mindfulness skills into your daily life to help you feel lighter and more joyful. Provided in partnership with Stomping Ground Comedy Theater.
  - 3rd Thursdays at 1:00 PM | tinyurl.com/MindfulnessALZ

For an extensive list of full programming, please visit tinyurl.com/earlystageSOCIAL



"As a caregiver, I have found that being creative and finding playful solutions is important in communicating with loved ones. I volunteer because I know how invaluable resources are for families, and I volunteer to share the gift of playfulness and mindfulness that have personally been life changing for me and my family."

Andrea Baum, LPC, MEd
Early Stage Volunteer, Alzheimer's Association, Dallas & Northeast Texas Chapter

alzheimer's association®

Programas en Español

Nadie debería enfrentar el Alzheimer solo. Estamos aquí para ayudar. Para obtener más información sobre los programas de educación gratuitos, nuestro grupo de apoyo mensual y los servicios de consultas de atención disponibles en español, visite

tinyurl.com/ALZayuda

Virtual Lunch & Learn

Committed to Public Health Policies & Healthy Living

Friday, April 23

11:30 AM - 12:45 PM

The Alzheimer's Impact Movement (AIM) has driven policymakers to take historic steps to address the Alzheimer's crisis — but much more remains to be done. Hear from an expert on current federal priorities and goals!

You will also learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Register at tinyurl.com/LunchLearnALZ

Become an Advocate!

Alzheimer's disease is one of the most critical public health issues in America. Learn how you can get involved at alz.org/advocacy

alzheimer's association®

WALK TO END ALZHEIMER'S
alzheimer's association

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.

Register for your local Walk.
Find a Walk near you and sign up as a Team Captain, team or individual.

Start fundraising and spread the word.
We'll provide the tips and coaching every step of the way, including how to raise funds online.

Join us on Walk day.
You'll be the first to know about event details in your area.

Register today at **alz.org/walk or 800.272.3900**

alzheimer's association®