

Virtual Education Programs

MAY 2021



Dementia Conversations: When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Thursday, May 20
10am – 11am

[REGISTER NOW](#)

May 20 Speaker



Sara Paape
Community
Educator

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

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and the use of hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Wednesday, May 26
12pm – 1pm

[REGISTER NOW](#)

May 26 Speaker



Lorri Beck
Community
Educator

Effective Communication Strategies: This program is designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia.

Tuesday, May 11
11am – 12pm

[REGISTER NOW](#)

May 11
11am Speaker



Ashton Williams
Community
Educator

May 11
6pm Speaker



Sara Paape
Community
Educator

Tuesday, May 11
6pm – 7pm

[REGISTER NOW](#)

Know the Ten Warning Signs of Alzheimer's:

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.

Friday, May 7
9am – 10am

[REGISTER NOW](#)

Wednesday, May 19
5pm – 6pm

[REGISTER NOW](#)

May 7 Speaker



Dr. Marie-Rachelle
Narcisse, PhD,
Assistant Professor,
University of Arkansas
for Medical Sciences

May 19 Speaker



Daniell Hill
Community
Educator

MAY 2021 Virtual Education Programs (continued)

Legal and Financial Planning:

In this interactive program, you will have 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.

Wednesday, May 12
4pm – 5pm

REGISTER NOW

May 12 Speaker



Jennifer McKinley
Community Educator

Understanding and Responding to Dementia Behavior:

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Tuesday, May 25
6pm – 7pm

REGISTER NOW

May 25 Speaker



Amanda Mueller
Community Educator

Understanding Alzheimer's and Dementia:

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.

Saturday, May 8
2pm – 3pm

REGISTER NOW

Monday, May 17
12pm – 1pm

REGISTER NOW

Thursday, May 27
11am – 12pm

REGISTER NOW

May 8 Speaker



Robert Horton
Community Educator

May 17 Speaker



Sharon Manson
Community Educator

May 27 Speaker



Ashton Williams
Community Educator

MOTHER'S DAY IS MAY 9

Mother Day celebrations for moms living with Alzheimer's can be bittersweet and challenging for families even under the best of circumstances, and with COVID-19 still a concern for many, this adds complexities that can feel overwhelming.

The Alzheimer's Association toll-free 24/7 Helpline (1.800.272.3900) is available to help families navigate disease-related challenges, including those resulting from the COVID-19 pandemic. Don't hesitate to call the 24/7 Helpline at:

800.272.3900

All Alzheimer's Association virtual classes are free of charge and are offered to individuals with Alzheimer's or other dementia, their families and care partners, and health professionals.

After you register for a class, a ZOOM video conference link will be provided to you.

Visit alz.org/crf to explore all upcoming virtual education programs and support groups or call 800.272.3900 for more information.

alzheimer's  association™
alz.org