

Grub Club

Bring your lunch, bring a friend, and come hungry for some knowledge!

2nd Monday
of the month

Menu:

The Alzheimer's Journey

April 8th

10 Warning Signs of Alzheimer's

May 13th

Healthy Living for Your Brain and Body

June 10th

Dementia Conversations

September 9th

Effective Communication Strategies

October 21st*

Understanding Dementia Related Behaviors

November 18th*

Managing Money: A Caregiver's Guide to Finances

**Date change due to holiday.*

See back of flyer for program descriptions.

Noon -
12:45 pm at
the OZone!

Presented by
K-State
Research &
Extension

RSVP by calling:

913-755-3622

OZone

300 11th Street - Osawatomie

Presented by:

K-STATE
Research and Extension

Marais des Cygnes
District

OZONE
USD 367 Sport & Fitness Zone

ALZHEIMER'S ASSOCIATION®



The Alzheimer's Journey

Presented by K-State Research & Extension, Marais des Cygnes District

**Kathy Goul, Family & Consumer Science Agent
& Certified Community Educator, Alzheimer's Association**

10 Warning Signs

Join us to learn how to recognize common signs of Alzheimer's and other dementia; how to approach someone about memory concerns; the importance of early detection and benefits of an early diagnosis; possible tests and assessments available for the diagnostic process; and, Alzheimer's Association resources.

Healthy Living for Your Brain & Body

Science provides insights into how lifestyle choices may help keep your brain and body healthy. Learn about research on diet and nutrition, exercise, cognitive activity and social engagement, and hands-on tools to help you incorporate these recommendations into healthy aging.

Dementia Conversations

Learn tips on how to "break the ice" and have the most common, difficult conversations – such as going to the doctor, when to stop driving and making legal and financial plans.

Effective Communication Strategies

Explore how communication takes place when someone has Alzheimer's, 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.

Understanding & Responding to Dementia Behaviors

Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn ways to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Managing Money: A Caregiver's Guide to Finances

Learn about how caregiving affects finances, legal and financial documents caregivers should put in place and how to approach discussions about financial decisions and planning.

**K-State Research & Extension, Marais des Cygnes District, 913 N. Pearl Street, Suite1, Paola, KS 66071
913-294-4306 maraisdescygn.es.k-state.edu**

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