



# The Alzheimer's Journey

7-Part Series

**March 28th:** Understanding Alzheimer's & Dementia

**April 11th:** 10 Warning Signs of Alzheimer's

**April 18th:** Healthy Living for Your Brain & Body

**April 25th:** Dementia Conversations

**May 2nd:** Effective Communication Strategies

**May 9th:** Understanding Dementia Related Behaviors

**May 16th:** Managing Money: A Caregiver's  
Guide to Finances

*\*See back of flyer for program descriptions.*

**THURSDAYS:  
2:00 - 3:00 PM**

**RSVP:  
913-757-2151**

LaCygne Library  
209 N. Broadway  
LaCygne, KS

*Presented by:*



Library District #2  
of Linn County  
LaCygne Library

**K-STATE**  
Research and Extension

Marais des Cygnes  
District

**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

## 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 and treatments available for some symptoms; and Alzheimer's Association resources.

## 10 Warning Signs of Alzheimer's

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, Suite 1, Paola, KS 66071  
913-294-4306  
[maraisdescygn.es.k-state.edu](http://maraisdescygn.es.k-state.edu)**