# ALZHEIMER'S S ASSOCIATION®

## Stay in Touch with What's Happening!

#### **ALZHEIMER'S EDUCATION CLASSES**

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

### CLICK HERE TO LEARN MORE ABOUT LOCAL EDUCATION CLASSES

Or review some of our Spring feature classes listed below

MEMORY WITH MOVEMENT: PHYSICAL THERAPY APPROACH TO ALZHEIMER'S DISEASE



This workshop on April 20 is designed to help prepare healthcare professionals to deliver appropriate therapeutic interventions to individuals living with Alzheimer's and other dementia, their family members and care partners. Join us to learn about diagnosis, treatment, interdisciplinary care planning and rehabilitation strategies in the management of patients living with Alzheimer's and other dementia.

CLICK HERE TO LEARN MORE AND REGISTER

#### THE ALZHEIMER'S JOURNEY: 7-PART SERIES

Thursdays through May 16 from 2 to 3 p.m. at the LaCygne Library, 209 N. Broadway, LaCygne, KS

**CLICK HERE TO LEARN MORE** 

## GRUB HUB: BRING YOUR LUNCH AND COME HUNGRY FOR KNOWLEDGE

Second Monday of the month from Noon to 12:45 p.m. at the OZone in Osawatomie, KS. LEARN MORE

#### **MISSOURI CAREGIVER PROGRAM**

This program provides small grants, up to \$1,000 to help with the cost of respite services, care products, home modifications or assistive technology for individuals living with Alzheimer's or another dementia. The person receiving care must be living with Alzheimer's disease or another dementia and both the primary caregiver and care recipient must live in MIssouri.

**CLICK HERE TO LEARN MORE** 

## SAVE THE DATE FOR THE NEW OFFICE OPEN HOUSE

We are hosting an Open House at our new office on May 29 from 4 to 6 p.m. with a ribbon cutting at 4:30 p.m.

> PLEASE JOIN US! RSVP HERE



## VIRTUAL AND IN-PERSON SUPPORT GROUPS

The Alzheimer's Association collaborates with many community partners to provide support groups where needed.



CLICK HERE TO SEE CURRENT SCHEDULE



#### HIKING, FISHING, CRAFTING OR PLAYING BRIDGE

These are just some of the activities people are doing to raise funds for The Longest Day. Use your imagination – the sky is the limit.

CLICK HERE TO LEARN ABOUT EVENTS HAPPENING LOCALLY TO SUPPORT THE LONGEST DAY



All Walk dates for the Heart of America Chapter are set for 2024.

REGISTER & START FUNDRAISING TODAY!

## SOCIAL ENGAGEMENT ACTIVITIES



Choose between three monthly activities including:

Memory Café (in person)

Music Jam Session (virtual and in person)

ALZSports (in person)

CLICK HERE FOR MORE INFORMATION ABOUT SOCIAL ENGAGEMENT ACTIVITIES

#### STAY UP TO DATE VIA OUR SOCIAL MEDIA!







