

# What's Happening

alzheimer's  association

Jan/Feb 2020

## EDUCATION PROGRAMS

### **In the Kansas City Metro:**

#### COGNITIVE LEARNING SERIES, CAREGIVER TIPS AND TOOLS • NORTH KANSAS CITY, MO

**Thursday, January 23**

Get tips to help you take a positive approach to daily tasks. A Mid-Continent Public Library rep will share the resources they have for seniors. 6:00 – 7:00 p.m. North Kansas City Hospital Wellness Corner at Zona Rosa, 7322 NW 87th Terrace. To register, call 816.691.5095 or logon to [nkch.org/healthed](http://nkch.org/healthed).

#### EFFECTIVE COMMUNICATION STRATEGIES • PRAIRIE VILLAGE, KS

**Thursday, January 16**, 12:00 – 1:30 p.m.

**Thursday, February 6**, 3:30 – 5:00 p.m.

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. This program will provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia. Padula Education Center, 3856 W. 75th St.

#### KNOW THE 10 SIGNS

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.

**KANSAS CITY, MO • Tuesday, February 11**

10:00 – 11:30 a.m., St. Anthony's Senior Living, 1010 E. 68th Street, Pub Area

**KANSAS CITY, MO • Wednesday, February 19**

1:00 – 2:30 p.m., Humana Wellness Center, 215A Englewood Road

**MERRIAM, KS • Tuesday, January 7**

3:30 – 5:00 p.m., Merriam Gardens Healthcare and Rehab Center, 9700 W. 62nd St.

**OLATHE, KS • Tuesday, January 28**

3:00 – 4:00 p.m., Poplar Court, 519 E. Poplar St.

#### REMOTE LEARNING SERIES

**Wednesday, January 8**

**Wednesday, February 12**

This program is providing the opportunity to attend a education session close to home. Join us for a monthly program to learn about memory disorders and the challenges associated with managing them. Programs are held at the Padula Education Center, 3856 W. 75th Street, Prairie Village, KS 66208 from 1:00 – 2:00 p.m. and also at various other locations listed on our website, [alz.org/kansascity](http://alz.org/kansascity). January's topic is "**Understanding and Responding to Dementia-related Behaviors**" and February's topic is "**Dementia Conversations.**"

## **UNDERSTANDING ALZHEIMER'S AND DEMENTIA • LEE'S SUMMIT, MO • Friday, February 21**

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. 2:00 – 3:00 p.m., John Knox Village, The Meadows, 1800 NW O'Brien St.

## **EDUCATION PROGRAMS**

### ***In areas served by our Regional offices:***

#### **BEHAVIORS • TOPEKA, KS • Tuesday, January 21**

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. 10:15 – 11:15 a.m., LULAC Senior Center, 1502 NE Seward Avenue.

#### **EFFECTIVE COMMUNICATION STRATEGIES**

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. This program will provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia.

#### **PITTSBURG, KS • Thursday, January 16**

12:00 – 1:30 p.m., Pittsburg Library, 308 Walnut Street

#### **PARSONS, KS • Thursday, February 6**

12:00 – 1:30 p.m., Parsons Library, 3115 17th Street

#### **KNOW THE 10 SIGNS • TOPEKA, KS • Wednesday, January 22**

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. 5:30 – 7:00 p.m., Arbor Court Retirement Community, 4200 SW Drury Lane.

#### **LEGAL AND FINANCIAL PLANNING • TOPEKA, KS • Tuesday, January 28**

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. This program is an interactive two-part program where 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. 6:00 – 7:30 p.m., Topeka and Shawnee County Library, 1515 W. 10th Avenue.

#### **LIVING WITH ALZHEIMER'S FOR CAREGIVERS (LATE STAGE) • BURLINGTON, KS • Tuesday, January 21**

This program will provide answers that arise in the late stages of Alzheimer's. Hear from those directly affected and learn what you need to plan for along the way. 6:00 – 7:00 p.m., Coffey County Hospital, Conference Room, 801 N. Fourth.

## 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.

**MARYVILLE, MO • Wednesday, January 22**

10:00 a.m. – 12:00 p.m., location to be determined

**TOPEKA, KS • Tuesday, February 18**

10:15 a.m. – 11:15 a.m., LULAC Senior Center, 1502 NE Seward Avenue

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## SOCIAL ENGAGEMENT ACTIVITIES

### *In the Kansas City Metro:*

#### ARTS AND INSPIRATION • PRAIRIE VILLAGE, KS

**Thursday, January 23**

**Thursday, February 27**

Creative encounters for the person with Alzheimer's. Group meets at the same time their care partners are attending a support group in the same building, but a separate room. 10:00 – 11:00 a.m., on the fourth Thursday of each month. Padula Education Center, 3856 W. 75th Street. For more information, contact Darcy Letourneau at 913.831.3888 or [dletourneau@alz.org](mailto:dletourneau@alz.org).

#### COGNITIVE LEARNING SERIES • NORTH KANSAS CITY, MO

**Tuesday, February 25**

**Baseball Reminiscence Therapy.** Representatives from the Negro League Baseball Museum will share baseball history to help trigger memories and encourage social interaction. 4:00 – 5:00 p.m. North Kansas City Hospital Wellness Corner at Zona Rosa, 7322 NW 87th Terrace. To register, call 816.691.5095 or logon to [nkch.org/healthed](http://nkch.org/healthed).

#### JAM SESSION • PRAIRIE VILLAGE, KS

**Thursday, January 23**

**Thursday, February 27**

An informal jam session for musicians with early stage memory loss and musicians who are caregivers. Padula Education Center, 3856 W. 75th Street, 1:00 – 2:00 p.m. Jam Session occurs on the fourth Thursday of each month. No experience is necessary, just a love for music. For more information, contact Erik Wray at 913.831.3888 or [ewwray@alz.org](mailto:ewwray@alz.org).

#### MEMORY CAFE • KANSAS CITY, MO

**Tuesday, January 21**

**Tuesday, February 18**

Memory Cafe provides a safe place to learn and socialize for those living with dementia and their care partners, and offers opportunities to meet people, explore new ideas, and stay engaged in the community. Kansas City Public Library, Plaza Branch, 4801 Main Street, 10:30 a.m. – 11:30 a.m. on the third Tuesday of each month. Contact: Heather Harrison at 816.701.3763.

## MOVIES AND MEMORIES • KANSAS CITY, MO

**Wednesday, February 5**

These monthly movies are part of a special, intergenerational cinema series for individuals with dementia, their friends, and families and occur on the first Wednesday of the month at the Kansas City Public Library, Plaza Branch, 4801 Main Street, at 10:30 a.m.– 11:30 a.m. For more information, please contact Heather Harrison at 816.701.3763.

## SOCIAL ENGAGEMENT ACTIVITIES

*In areas served by our Regional offices:*

### MEMORY CAFE • ST. JOSEPH, MO

**Thursday, January 9**

**Thursday, February 13**

Memory Cafe provides a safe place to learn and socialize for those living with dementia and their care partners, and offers opportunities to meet people, explore new ideas, and stay engaged in the community. This group meets on the second Thursday of each month at Word of Life Church, 3902 NE Riverside Rd. at 10:00 a.m.– 11:00 a.m. Contact: Brenda Gregg at 816.364.4467.

**For more information about additional Alzheimer's Association programs, please call  
800.272.3900 or logon to [communityresourcefinder.org](https://communityresourcefinder.org).**

**Once you are logged on, click on  
ALZHEIMER'S ASSOCIATION PROGRAMS AND EVENTS,  
then click on a category and enter your zipcode into the search.**



**Our work is only possible with help and support of  
volunteers. Check out all volunteer opportunities at:**

**[volunteer.alz.org](https://volunteer.alz.org)**