

# What's Happening

alzheimer's  association

March/April 2020

## EDUCATION PROGRAMS

### *In the Kansas City Metro:*

#### HEALTHY LIVING FOR THE BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH PROGRAM

This workshop covers lifestyle habits that are associated with healthy aging: Cognitive activity, physical health and exercise, diet and nutrition and social engagement. We will discuss what we know, drawing on current research, as well as what we can do to take steps now to improve or maintain overall health in each area.

##### **MISSION, KS • Wednesday, March 16**

10:30 – 11:30 a.m., The Wellstone At Mission Crossing, 6050 Broadmoor Street

##### **PRAIRIE VILLAGE, KS • Thursday, March 19**

11:00 a.m. – 12:00 p.m., Padula Education Center, 3856 W. 75th Street

##### **OLATHE, KS • Wednesday, April 8**

2:00 – 3:30 p.m., Cedar Lake Village, Worship and Life Center, 15325 S. Lone Elm Road

##### **KANSAS CITY, MO • Wednesday, April 22**

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

#### 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 • Wednesday, April 22**

10:00 – 11:00 a.m., The Village Cooperative, 10800 Wornall Road

##### **KANSAS CITY, KS • Wednesday, April 25**

11:30 a.m. – 1:00 p.m., Strangers Rest Baptist Church, 2052 N. 5th St.

#### LIVING WITH ALZHEIMER'S EARLY STAGE - FOR CAREGIVERS • OLATHE, KS

**Monday, March 2,** 10:30 a.m. – 11:30 a.m.

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This program provides practical answers to the questions that arise in the early stage. Poplar Court, Phoenix Family, 519 E. Poplar St.

#### REMOTE LEARNING SERIES

**Wednesday, March 11**

**Wednesday, April 8**

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). March's topic is **"Engaging in Activities"** and April's topic is **"Legal and Financial Planning."**

## 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.

### **KANSAS CITY, MO • Saturday, March 7**

11:30 a.m. – 12:45 p.m., Calvary Temple, 2400 Troost Kansas City, MO

### **PAOLA, KS • Wednesday, March 11**

6:00 p.m. – 7:30 p.m., Elizabeth Layton Center, 2595 SW 327th Street

### **KANSAS CITY, MO • Wednesday, March 25**

10:00 a.m. – 11:00 a.m., The Village Cooperative, 10800 Wornall Road

### **KANSAS CITY, MO • Monday, April 6**

6:00 p.m. – 7:00 p.m., Zona Rosa Wellness Center, 7322 NW 87th Terrace

## EDUCATION PROGRAMS

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

#### **EFFECTIVE COMMUNICATION STRATEGIES • FORT SCOTT, KS**

**Wednesday, March 18**, 12:00 – 1:30 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. Fort Scott Community College, 2108 Horton.

#### **HEALTHY LIVING FOR THE BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH PROGRAM**

This workshop covers four areas of lifestyle habits that are associated with healthy aging:

Cognitive activity, physical health and exercise, diet and nutrition, and social engagement. On each area, we will discuss what we know, drawing on current research, as well as what we can do to take steps now to improve or maintain overall health in each area. This workshop is designed for individuals of any age who are looking for information on ways to age as well as possible.

#### **BELLEVILLE, KS • Tuesday, March 3**

10:00 – 11:30 a.m., Belleville Public Library, 1327 19th St.

#### **CONCORDIA, KS • Tuesday, March 3**

2:00 – 3:30 p.m., Cloud County Courthouse, 811 Washington

#### **TOPEKA, KS • Wednesday, March 18**

5:30 – 7:00 p.m., Jayhawk Area Agency on Aging, Arbor Court Retirement, 4200 Drury Lane

#### **TOPEKA, KS • Wednesday, March 25**

5:30 – 7:00 p.m., Jayhawk Area Agency on Aging, Arbor Court Retirement, 4200 Drury Lane

#### **MANHATTAN, KS • Friday, April 10**

1:00 – 2:30 p.m., Riley County Senior Center, 301 N. 4th St.

#### **KNOW THE 10 SIGNS • HAMILTON, MO**

**Wednesday, March 11**, 10:00 a.m. – 12:00 p.m.

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. Hamilton Public Library, 312 N. Davis.

## LEGAL AND FINANCIAL PLANNING • PITTSBURG, KS

**Thursday, April 23**, 5:30 – 7:00 p.m.

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. Pittsburg Library, 308 Walnut.

## LIVING WITH ALZHEIMER'S EARLY STAGE - FOR CAREGIVERS • TOPEKA, KS

**Tuesday, April 21**, 10:15 a.m. – 11:15 a.m.

In the early stage of Alzheimer's disease, families face new questions as they adjust. This program provides practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis. LULAC Senior Center, 1502 NE Seward Avenue.

# SOCIAL ENGAGEMENT ACTIVITIES

## *In the Kansas City Metro:*

### ARTS AND INSPIRATION • PRAIRIE VILLAGE, KS

**Thursday, March 26**, 10:00 – 11:00 a.m.

**Thursday, April 23**, 10:00 – 11:00 a.m.

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. Program meets 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).

### JAM SESSION • PRAIRIE VILLAGE, KS

**Thursday, March 26**, 1:00 – 2:00 p.m.

**Thursday, April 23**, 1:00 – 2:00 p.m.

An informal jam session and musical experience for those with memory loss and their care partners. Padula Education Center, 3856 W. 75th Street, 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, March 17**, 10:30 a.m. – 11:30 a.m.

**Tuesday, April 14**, 10:30 a.m. – 11:30 a.m.

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, on the third Tuesday of each month. Contact: Heather Harrison at 816.701.3763.

### MOVIES AND MEMORIES • KANSAS CITY, MO

**Wednesday, March 4**, 10:30 a.m.– 11:30 a.m.

**Wednesday, April 1**, 10:30 a.m.– 11:30 a.m.

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. 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, March 12**, 10:00 a.m.– 11:00 a.m.

**Thursday, April 9**, 10:00 a.m.– 11:00 a.m.

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. Contact: Brenda Gregg at 816.364.4467 for more information.

## EVENTS ACROSS THE CHAPTER

### 2020 ALZHEIMER'S DISEASE FACTS AND FIGURES

The Alzheimer's Association 2020 Facts and Figures Report will be distributed on March 11th. Please check our website on that day to learn the important statistics you will want to know and share to help increase awareness of Alzheimer's care, support, and research.

SHARE THE FACTS AND  
JOIN THE FIGHT  
#ENDALZ

### MISSOURI ADVOCACY DAY • JEFFERSON CITY, MO

**Wednesday, March 4**

This is the day that you can be the voice of those with Alzheimer's and help us educate our elected officials about the importance of Alzheimer's care, support, and research. Please contact Brenda Gregg for more information, bgregg@alz.org.

### THE LONGEST DAY REGISTRATION

The Longest Day is the Alzheimer's Association's second signature event. Choose an activity you love, or that the person you are honoring loves. Participate in the event and invite friends, co-workers, and family to do it with you and/or donate to your fundraising efforts. And then we all will celebrate our fundraising totals on the actual longest day of the year, June 20. Register today at [alz.org/tld](http://alz.org/tld).

  
alzheimer's association

### RIVALZ STATELINE: KANSAS VS. MISSOURI REGISTRATION

The RivALZ women's flag football game is August 8 at Avila University. We need players, coaches, and superfans - all who will fundraise for the privilege of participating. For more information about the fundraising details, the impact this game has in your community, and how to register, go to [rivalzkc.org](http://rivalzkc.org).

  
alzheimer's association

**HOW TO  
REGISTER  
FOR A  
PROGRAM**



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

