HEALTHY LIVING FOR YOUR BRAIN AND BODY
For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Registration required.

DATE: January 9, 2019    TIME: 2:00pm-3:00pm
LOCATION: Woodford County Public Library, 115 North Main St. Versailles, KY 40383

DATE: January 10, 2019    TIME: 11:00am-12:00pm
LOCATION: Boyd County Public Library, 1740 Central Avenue, Ashland, KY 41101

DATE: January 17, 2019    TIME: 12:00pm-1:00pm
LOCATION: Powell County Cooperative Extension Office, 169 Maple Street, Stanton, KY 40380

DATE: January 23, 2019    TIME: 11:00am-12:00pm
LOCATION: Harrison County Public Library, 104 N Main St, Cynthiana, KY 41031

DATE: January 29, 2019    TIME: 11:00am-12:00pm
LOCATION: Mason County Cooperative Extension Office, 800 US 68, Maysville, KY 41056

MEMORY CAFÉ LEXINGTON
The Memory Café is a monthly social group providing a safe, comfortable environment where people with memory loss and their care partners can enjoy time together and remain socially engaged with others traveling the same journey. Designed for people with memory loss and their caregivers; please no professionals. Program provided in partnership with the UK Sanders Brown Center on Aging. Refreshments provided by Silver Lexington

DATE: January 14, 2019    TIME: 2:00p.m.- 4:00 p.m.
LOCATION: Call April at 859-266-5283, Extension 8179 for more details.
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. Join us to 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. Registration required. Designed for family caregivers; please no professionals.

DATE: January 15, 2019      TIME: 10:30am-11:30am
LOCATION: Lexington Public Library, Beaumont Branch, 3080 Fieldstone Way, Lexington, KY 40513

UK TELEHEALTH: PROGRESSION OF MEMORY PROBLEMS: WHY IS MY LOVED ONE ASKING THE SAME QUESTIONS AGAIN AND AGAIN? (GLASGOW, HARLAN, HAZARD, HOPKINSVILLE, MADISONVILLE, MCDOWELL, MOREHEAD, MT. STERLING, MT. VERNON, MURRAY, PADUCAH, PIKEVILLE, RUSSELL, SANDY HOOK, TOMPKINSVILLE, & WHITESBURG)
Join us for an educational session that will include an overview of common forms of memory problems and their progression. This session will also include a focus on challenging behaviors that may arise and strategies to address them. Following the presentation we will have time for a general question and answer session. This program is offered through an interactive telemedicine system to connect with persons who are impacted by Alzheimer's disease and related memory disorders, providing education and supportive services across the state of Kentucky. This event is free and open to the public. Registration is required. Contact Hardin Stevens at the UK Sanders Brown Center on Aging at 859-323-2997 or hardinstevens@uky.edu to register. Deadline to register is January 17th!

Offered by UK Sanders-Brown Center on Aging

DATE: January 24, 2019      TIME: 6:30-8:00PM EST

EARLY STAGE SOCIAL ENGAGEMENT PROGRAM
The Alzheimer’s Association Early Stage Social Engagement Group is designed to provide education, emotional, and social support for people in the Early Stage of Alzheimer’s disease or other forms of dementia through regularly scheduled outings, meetings and activities. This group helps participants connect with other people with dementia and tries to help them maintain their personal and emotional health. Please call 859-266-5283 Ext. 8179 if you are interested. Participants must be pre-screened for this program.

DATE: January 28, 2019      TIME: 11:30am-12:30pm
LEARN FROM HOME

PROGRAM BY PHONE: SUNDOWNING, SLEEPLESSNESS, & ALZHEIMER’S: HOW TO COPE IN THE EVENINGS
Individuals with Alzheimer’s disease can not only have a tough time making it through the day, but the nights can be especially challenging. Day and night can become confused, and late afternoons can be difficult due to a variety of contributing factors. We will look at those factors and discuss effective strategies for dealing with late day confusion, lethargy and sleeplessness. Presented by Daryl Carlson of the Alzheimer’s Association. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: January 8, 2019
TIME: 12:00PM-1:00PM (CST) or 1:00PM-2:00PM (EST) or recorded to watch at a later time

WEBINAR: DEMENTIA VS. ALZHEIMER’S: WHAT’S THE DIFFERENCE AND WHY IT MATTERS
All people with memory loss do not have dementia, and all people with dementia do not have Alzheimer’s disease. Understanding the difference between memory loss, Alzheimer’s disease and dementia is important in getting the right treatment and follow-up care. Learn what to do when your doctor suspects Alzheimer’s or another form of dementia. Presented by Mike Bius of the Alzheimer’s Association. To register for this program go to ALZWebinars.org.

DATE: January 15, 2019
TIME: 11:00AM-12:00PM EST (10:00AM-11:00AM CST) and 1:00PM-2:00PM EST (12:00PM-1:00PM CST) or recorded to watch at a later time

WEBINAR: KNOW THE TEN WARNING SIGNS OF ALZHEIMER’S
Alzheimer’s and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The program covers: typical age-related changes, common warning signs of Alzheimer’s, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer’s Association resources. To register for this program go to ALZWebinars.org.

DATE: January 24, 2019
TIME: 11:00AM-12:00PM EST (10:00AM-11:00AM CST) or 1:00PM-2:00PM EST (12:00PM-1:00PM CST) or recorded to watch at a later time

WEBINAR: LEARNING TO CONNECT: RELATING TO THE PERSON WITH ALZHEIMER’S
To register for this program go to ALZWebinars.org.

DATE: January 29, 2019
TIME: 11:00AM-12:00PM EST (10:00AM-11:00AM CST) or 1:00PM-2:00PM EST (12:00PM-1:00PM CST) or recorded to watch at a later time
REGISTRATION IS REQUIRED FOR ALL PROGRAMS; TO REGISTER FOR A PROGRAM OR FIND A SUPPORT GROUP IN YOUR AREA PLEASE CALL 1.800.272.3900 OR REGISTER ONLINE AT http://www.communityresourcefinder.org

Get the Emotional Support You Need
A support group provides a safe, supportive environment to allow family members, friends, caregivers, and other interested individuals to meet regularly for mutual support and to exchange coping skills with one another in matters relating to Alzheimer’s disease. All support groups are free and open to the public and of no religious affiliation unless otherwise designated. For more information call 1-800-272-3900

First Alliance Church
2201 Old Higbee Mill Rd Lexington, KY
1st Sunday; 9am
3rd Wednesday; 6:30pm

Cumberland Church of Christ
154 Turner Street Somerset, KY 42503
3rd Monday of the month; 6pm

Rowan County Caring and Sharing Alzheimer’s Support Group
316 West 2nd Street Morehead, KY
Center for Health and Education and Research; Room 102-C
1st Monday of the month; 6pm

The Lantern of Frankfort
66 C Michael Davenport Blvd Frankfort, KY
2nd Thursday of the month; 5:30pm

For a more comprehensive listing of support groups throughout Kentucky and Southern Indiana, please visit https://www.alz.org/kyin/helping_you/support_groups