

alzheimer's association®

CENTRAL KENTUCKY & EASTERN KENTUCKY March 2018 EDUCATIONAL BULLETIN

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>

FAMILY CAREGIVER WORKSHOP

This program is produced specifically for family and friend caregivers, offering information and ideas on Alzheimer's disease related topics. Experts specializing in aging and Alzheimer's care will present on a wide range of subjects that help caregivers address the demands of providing for a person with dementia. Dr. Jicha is speaking.

Registration required. Registration fee \$10. Designed for family caregivers; please no professional. Lunch provided.

DATE: March 2, 2018 **TIME:** 9:00am-4:00pm

LOCATION: Alzheimer's Association, 2808 Palumbo Drive, Lexington, KY (basement conference room)

Sponsored by:



BAPTIST HEALTH

THE BASICS, MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. *Registration required.*

DATE: March 7, 2018 **TIME:** 10:00am-11:00am

LOCATION: Scott County Cooperative Extension Office, 130 Cincinnati Road, Georgetown, KY 40324

Provided through a generous grant by: **Margaret J. Stoeckinger Foundation**

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.

DATE: March 12, 2018 **TIME:** 2:00p.m.-4:00 p.m.

LOCATION: Call April at 859-266-5283, Extension 8179 for more details.



BAPTIST HEALTH®
MEDICAL GROUP

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trialmatch®

POWERED BY EmergingMed

TrialMatch a first-of-its-kind, free, confidential, easy-to-use interactive clinical studies matching service that connects individuals with Alzheimer's, caregivers, healthy volunteers and physicians with current studies.

**Don't just hope for a cure.
Help us find one.**

Thursday, March 15 is
KY Alzheimer's Advocacy Day!

SAVE THE DATE

alzheimer's association®



Advocacy Day

Thursday, March 15, 2018
10:00 am - 2:00 pm
State Capitol, Frankfort, KY

Help make Alzheimer's disease & our seniors a priority in KY!

Email infoKY-IN@alz.org
with questions or to RSVP

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LEGAL AND FINANCIAL PLANNING FOR ALZHEIMER'S DISEASE

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. *Registration required. Designed for family caregivers; please no professionals.*

DATE: March 8, 2018 **TIME:** 1:30pm-3:00pm
LOCATION: Pulaski County Senior Center
125 University Avenue, Somerset, KY 42503
Guest presenter will be attorney Jay McShurley.

DATE: March 15, 2018 **TIME:** 2:30pm-4:00pm
LOCATION: Lexington Public Library, Beaumont Branch
3080 Fieldstone Way, Lexington, KY 40513
Guest presenter will be attorney Amy Dougherty of Bluegrass Elderlaw.

PROGRAM BY PHONE: COCONUT OIL, VITAMINS, & ALZHEIMER'S: WHAT REALLY WORKS?

There are plenty of theories surrounding what causes Alzheimer's disease, and even more ways to treat dementia symptoms. In a time when so many options are available, how do you make the right choices for your loved one? Learn from Dr. Robert Russell, Sr. what methods of treatment are approved for use and how to access them.

To register for this program go to <http://Alzphoneprograms.org>. If no internet access, please call 800-272-3900 to register.

DATE: March 13, 2018
TIME: 1:00-2:00pm EST or recorded to listen to at a later time

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: March 14, 2018 **TIME:** 10:30am-12:00pm
LOCATION: Madison County Cooperative Extension Office
230 Duncannon Lane, Richmond, KY 40475



The Kroger community Rewards Program is the easiest way to donate to the Alzheimer's Association simply scan your Kroger Plus Card. To register your Kroger Plus card online, go to www.krogercommunityrewards.com



When it's not possible to be at one of our local programs in person, take advantage of our online opportunities. A wealth of information and tips are available 24 hours a day. Go to <http://elearning.alz.org/home.aspx>

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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 x8177 if you are interested. Participants must be pre-screened for this program.

WEBINAR: COPING WITH DIFFICULT BEHAVIORS IN DEMENTIA: STRATEGIES YOU CAN USE TODAY

When a person with dementia experiences agitation, the resulting behaviors can be difficult to manage. While medications can provide benefits, there are effective non-pharmacological strategies that can be employed. Geriatrician Margaret Baumann, M.D., will show us how making simple changes in how we relate to a person with dementia can make a world of difference in mitigating difficult behaviors.

To register for this program go to ALZWebinars.org.

DATE: March 28, 2018

TIME: 12:00-1:00pm and 2:00-3:00pm EST or recorded to watch at a later time

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.*

To register for this program, please call the library at 859-885-3523.

DATE: March 29, 2018 **TIME:** 2:00pm-3:00pm

LOCATION: Jessamine County Public Library
600 Main Street, Nicholasville, KY. 40356



Put the FUN in Fundraiser! Do what you love from sunrise to sunset on The Longest Day! Join the movement and start a team today. thelongestday.alz.org

Sign up for our free e-newsletter!

Stay updated on the latest news and advances in Alzheimer's treatments, care and research.

<http://www.alz.org/apps.email.signup.asap>

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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

Scott County Senior Citizen Center

800 Cincinnati Pike Georgetown, KY Suite 10
2nd and 4th Tuesday of the month; 6pm

Group will only meet the 2nd Tuesday of the month June-August

Middlesboro Nursing and Rehabilitation

235 Wilson Lane Middlesboro KY 40965
1st Wednesday of the month at 5:30pm

Laurel Senior Living Village Heights

212 W 12th Street London, KY
4th Tuesday, 6pm
Respite may be provided

First Baptist Church

230 South 5th Street Williamsburg, KY
1st Sunday, 2pm

Williamsburg Nursing Home

287 N 11th Street Williamsburg, KY
3rd Thursday of the month at 6pm
Activity Room; Respite provided: No reservations needed

Morning Pointe of Danville

1375 Perryville Rd Danville KY 40422
3rd Thursday of the month at 5:30pm

Beaumont Library

3080 Fieldstone Way Lexington, KY 40513
Boxed lunch provided *Please RSVP for lunch
Last Thursday; 12:00pm

The Lantern of Russell

1063 Addington Drive Russell KY 41169
2nd Friday; 2pm

For a more comprehensive listing of support groups throughout Kentucky and Southern Indiana, please visit
http://www.alz.org/kyin/in_my_community_60821.asp

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