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

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.

DATE: April 2, 2019  TIME: 11:00am-12:00pm
LOCATION: Harrison County Public Library, 104 N. Main Street, Cynthiana, KY 41031

DATE: April 23, 2019  TIME: 2:00pm-3:00pm
LOCATION: Woodford County Library, 115 N. Main Street, Versailles, KY 40383

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 Bridgepointe at Ashgrove Woods.

DATE: April 8, 2019  TIME: 2:00p.m.- 4:00 p.m.
LOCATION: Call April at 859-266-5283, Extension 8179 for more details.

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. Provided through a generous grant from the Margaret T. Stoeckinger Foundation. Registration required.

DATE: April 10, 2019  TIME: 6:30pm-7:30pm
LOCATION: Scott County Public Library, 104 S. Bradford Lane, Georgetown, KY 40324

DATE: April 23, 2019  TIME: 10am-11am
LOCATION: Lincoln County Cooperative Extension Office, 104 Metker Trail, Stanford, KY 40484

Follow us on Facebook and Twitter
www.facebook.com/AlzKYIN  www.twitter.com/AlzKYIN
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 ten common warning signs and what to watch for in yourself and others. The one hour 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 and the diagnostic process, and Alzheimer’s Association resources.

DATE: April 9, 2019        TIME: 2:00pm- 3:00pm
LOCATION: Woodford County Library, 115 N. Main Street, Versailles, KY 40383

TAYLOR COUNTY COMMUNITY FORUM
The Community Forum offers an opportunity for members within a community to dialogue with the Alzheimer's Association. During this community forum, attendees will be able to tell the Association the best way to reach more people in their community and what services they would like to see. Light refreshments will be provided.

DATE: April 23, 2019        TIME: 5:30pm-7pm
LOCATION: Taylor County Public Library, 1316 E. Broadway Street, Campbellsville, KY 42718

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: April 29, 2019        TIME: 11:30am-12:30pm
LOCATION: Lexington, Kentucky

UK TELEHEALTH: WHAT HAPPENS WHEN MY LOVED ONE IS REFUSING HELP? (HARLAN, HAZARD, HOPKINSVILLE, MADISONVILLE, MANCHESTER, MCDOWELL, MOREHEAD, MT. STERLING, MT. VERNON, MUNFORDVILLE, MURRAY, PADUCAH, PIKEVILLE, RUSSELL, SANDY HOOK, TOMPKINSVILLE)
Join us for an educational session that will highlight information about what to do if your loved one is refusing help. This session will include discussion of behavioral and medical interventions, ways to advocate for your loved one to receive appropriate care, as well as caregiver support issues. Following the presentation we will have time for a general questions 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. 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 April 18th! This event is free and open to the public.

Offered in partnership by the UK Sanders-Brown Center on Aging

DATE: April 25, 2019        TIME: 6:30-8:00PM EST/5:30-7:00PM CST
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BRAINWORKS EDUCATIONAL SERIES: A HEALTH & WELLNESS PROGRAM FOR THOSE WHO HAVE BEEN DIAGNOSED WITH MILD COGNITIVE IMPAIRMENT OR MILD DEMENTIA

Designed for those diagnosed with mild cognitive impairment or another dementia and their caregivers, this five-part educational series will cover ways to live well and take control of your health and wellness. Program provided by Baptist Health and the Alzheimer’s Association. When registering, please register for each class separately. Call 1-800-272-3900. All programs will be held from 2:00pm-3:30pm at the Lexington Public Library, Eastside Branch located at 3000 Blake James Drive in Lexington.

LIVING WELL WITH A DIAGNOSIS OF MILD COGNITIVE IMPAIRMENT OR DEMENTIA

Join us as Neurologist Greg Cooper of Baptist Health speaks about how to live well with a mild cognitive impairment or mild dementia diagnosis. Loved ones or caregivers are welcome to attend. This class will cover ways to live well and take control of your health and wellness if you’ve been diagnosed.

DATE: April 2, 2019

HOW EXERCISE PROTECTS MEMORY

Join us as Fitness Practitioner and Exercise Educator Jamie Robertson, NSCA-CPT & ACE Health Coach talks about how movement can protect memory.

DATE: April 9, 2019

BE KIND TO YOUR MIND: THE MIND DIET FOR MEMORY PROTECTION

Join us as dieticians Laura Mitchell and Liz Evans of Baptist Health discuss how the MIND diet can offer memory protection.

DATE: April 16, 2019

MIND OVER MATTER: STRATEGIES FOR MEMORY & THINKING

Join us as Speech Language Pathologist Heather Gaddis introduces strategies to help with memory and thinking.

DATE: April 23, 2019

COPING & ADJUSTING TO A MEMORY LOSS DIAGNOSIS

Receiving a diagnosis of mild cognitive impairment or a mild dementia can be life altering. Learn how to cope and adjust as Social Worker Stephanie Freeman of Baptist Health Memory Care Clinic and Outreach Coordinator April Stauffer of the Alzheimer’s Association discuss strategies to help.

DATE: April 30, 2019
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

LEARN FROM HOME

WEBINAR: SELECTING IN-HOME CARE
To register for this program go to ALZWebinars.org.

DATE: WEEK OF April 1st
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

PROGRAM BY PHONE: 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. The Effective Communication Strategies program of the Alzheimer’s Association was designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia. This program will be presented by Melanie Chavin of Illinois. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: April 9, 2019
TIME: 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

WEBINAR: 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 one-hour webinar will cover typical age-related changes, common warning signs of Alzheimer’s, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process and Alzheimer’s Association resources. To register for this program go to ALZWebinars.org.

DATE: (Week of April 15th?)
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: 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. Presented by Alzheimer’s Association’s Community Educator Laura Dake. To register to ALZWebinars.org.

DATE:  April 25 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
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 Baptist Church
230 South 5th Street Williamsburg, KY
1st Sunday, 2pm

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

Liberty Ridge
701 Liberty Ridge Lane Lexington, KY
1st and 3rd Wednesday; 11:30am

Montgomery Caring and Sharing
Mt Sterling-Montgomery Public Library 378 N. Maysville St Mt. Sterling, KY 40353
3rd Monday of the month at 6pm

Matters of the Mind Dementia Support Group at Legacy Reserve at Fritz Farm
2700 Man O War Blvd Lexington KY 40515
4th Monday of the month at 6pm
Not meeting in December 2018

McDowell Place of Danville
1181 Ben Ali Drive Danville, KY
2nd Sunday; 2pm

The Lantern of Russell
1063 Addington Drive Russell KY 41169
2nd Friday; 2pm

Rowan County Caring and Sharing Alzheimer’s Support Group
Rowan County Public Library 175 Beacon Hill Drive Morehead, KY
1st Monday of the month; 6pm

Paul Sawyier Library
319 Wapping St. 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

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