

alzheimer's association®

CENTRAL KENTUCKY & EASTERN KENTUCKY May 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>

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: May 2, 2018

TIME: 1:00pm-2:00pm

LOCATION: Wayne County Public Library, 157 Rolling Hills Blvd. Monticello, KY 42633

PROGRAM BY PHONE: CAREGIVER BOOTCAMP: HOW PERSON-CENTERED CARE CHANGES EVERYTHING

A person with Alzheimer's disease or another dementia is a person, first and foremost. Sadly, in many settings they are treated as a 'patient' that represents a to-do list for caregivers. Whether it is professional caregivers or family members, it is easy to fall into this role instead of dealing with the person with dementia. Presented by Benjamin Mast, Ph.D., who is a clinical psychologist and Associate Professor & Vice Chair in Psychological & Brain Sciences at the University of Louisville. He has authored three books on Alzheimer's disease and Gerontology, entitled "Whole Person Dementia Assessment," "Second Forgetting: Remembering the Power of the Gospel in Alzheimer's disease," and "Handbook of Geropsychology." Log in to learn how person-centered care will improve the quality of life for both the caregiver and the person with dementia.

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

DATE: May 8, 2018

TIME: 1:00-2:00pm EST or recorded to listen to 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.

DATE: May 9, 2018

TIME: 1:00pm-2:00pm

LOCATION: Madison County Extension Office, 230 Duncannon Lane, Richmond, KY 40475

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: May 11, 2018

TIME: 1:00pm-2:00pm

LOCATION: Lincoln County Extension Office, 104 Metker Trail, Stanford, KY 40484

Guest presenter will be attorney Jay McShurley

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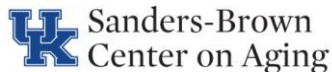
MEMORY CAFÉ LEXINGTON

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 the Willows at Hamburg.

DATE: May 14, 2018

TIME: 2:00p.m.- 4:00 p.m.

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



WEBINAR:LEGAL & FINANCIAL CONSIDERATIONS FOR ALZHEIMER'S DISEASE: WHAT YOU NEED TO KNOW RIGHT NOW

Families caring for someone with dementia often deal with a host of unknowns. Planning ahead can help to reduce those unknowns. In this webinar, we will learn about proactive steps to take in legal and financial planning from experienced elder law attorney, Claire Lewis who has worked in the field for more than thirty years.

To register for this program go to ALZWebinars.org.

DATE: May 16, 2018

TIME: 11:00am-12:00pm EST or recorded to watch 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: May 15, 2018 **TIME:** 6:30pm 7:30pm

LOCATION: Scott County Public Library, 104 S Bradford Ln, Georgetown, KY 40324

DATE: May 17, 2018 **TIME:** 1:00pm-2:00pm

LOCATION: Alzheimer's Association, 2808 Palumbo Drive, Lexington, KY 40509 (basement conference room)

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.

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BRAINWORKS EDUCATIONAL SERIES

Join us for an educational series for those with Mild Cognitive Impairment (MCI) or mild dementia. Loved ones or caregivers are welcome to attend. This FREE 4-week series will cover ways to live well and take control of your health and wellness if you've been diagnosed with MCI or dementia. **Please call HealthwoRx at 859-260-4354 to register or for more information. Registration is required.**

LIVING WELL WITH A DIAGNOSIS OF MCI OR DEMENTIA

Dr. Greg Cooper, Neurologist, Baptist Health Medical Group- Memory Care Clinic
Jackie Williams, CCRP, Research Coordinator, Baptist Health Medical Group- Memory Care Clinic
DATE: May 2, 2018 **TIME:** 2:00pm-3:30pm

MIND OVER MATTER: STRATEGIES FOR MEMORY & THINKING

Heather Gaddis, MS, CCC-SLP, Speech-Language Pathology Dept, Baptist Health Lexington
DATE: May 9, 2018 **TIME:** 2:00pm-3:30pm

EAT, MOVE, LIVE: HOW FOOD AND MOVEMENT PROTECT MEMORY

Teresa Smith, MS, RD, LD, HealthwoRx, Dietician & Director
Grant Gensheimer, MS, CPT, HealthwoRx Exercise Physiologist
DATE: May 16, 2018 **TIME:** 2:00pm-3:30pm

COPING & ADJUSTING TO A MEMORY LOSS DIAGNOSIS

April Stauffer, MS, Alzheimer's Association
Stephanie Freeman, MSSW, Baptist Health Memory Care Clinic
DATE: May 23, 2018 **TIME:** 2:00pm-3:30pm

LOCATION: HealthwoRx Fitness and Wellness Center, 161 Lexington Green Circle, Ste. B2, Lexington, KY 40503



BAPTIST HEALTH

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; 10:45am
3rd Wednesday; 6:30pm

Cumberland Church of Christ

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

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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