

# alzheimer's association®

## CENTRAL KENTUCKY & EASTERN KENTUCKY June 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>**

### **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:** June 5, 2018      **TIME:** 11:00am-12:00pm

**LOCATION:** Lexington Public Library, Eastside Branch, 3000 Blake James Drive, Lexington, KY 40509

**DATE:** June 14, 2018      **TIME:** 5:30pm-7:00pm

**LOCATION:** Rockcastle Regional Hospital Chapel, 145 Newcomb Ave, Mt Vernon, KY 40456. Dinner provided. Registration required; call 606 256-7835.

**DATE:** June 21, 2018      **TIME:** 12:00pm-1:00pm

**LOCATION:** Casey County Library, 238 Middleburg Street, Liberty, KY. Lunch provided art 11:30am

### **HEALTHY LIVING FOR YOUR BRAIN AND BODY AND FINANCIAL PLANNING WITH SUSAN O'BRIEN FROM THRIVENT**

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. Lunch and Learn*

**DATE:** June 1, 2018      **TIME:** 12:00pm-1:00pm

**LOCATION:** Alzheimer's Association, 2808 Palumbo Drive, Lexington, KY 40509

### **WEBINAR:REDUCING THE RISK OF ALZHEIMER'S: SEPARATING FACT FROM FICTION**

Today, one in three seniors dies with Alzheimer's or a related dementia. Can anything be done to reduce the risk of developing Alzheimer's disease, or to delay its onset? Dr. Gregory Jicha, a board-certified neurologist and researcher for the UK Sanders Brown Center on Aging will share the latest research on the management of risk factors for Alzheimer's disease and related dementias.

To register for this program go to [ALZWebinars.org](http://ALZWebinars.org).

**DATE:** June 6, 2018

**TIME:** 11:00am-12:00pm EST or 3:00pm-4:00pm EST or recorded to watch at a later time

### **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 Liberty Ridge.

**DATE:** June 11, 2018      **TIME:** 2:00p.m.- 4:00 p.m.

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

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### PROGRAM BY PHONE: HOW YOU SAY IT: MAKING MATTERS WORSE (OR BETTER) BY HOW YOU COMMUNICATE

Alzheimer's disease and other dementias cause changes in the person's ability to communicate. Understanding these challenges and adjusting our communication patterns can make all the difference in the world for both caregivers and those with dementia. Dial in to learn some simple rules of thumb to communicate more effectively, both verbally and nonverbally. Presented by Kathy Rhoads, MSW, owner and operator of "Circle of Friends Adult Day Center in Champaign, IL.

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

**DATE:** June 12, 2018 **TIME:** 1:00-2:00pm EST or recorded to listen to at a later time

### UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. *Registration required. Designed for family caregivers; please no professionals.*

**DATE:** June 14, 2018 **TIME:** 2:30pm-4:00pm  
**LOCATION:** Alzheimer's Association Basement Conference Room  
2808 Palumbo Drive, Lexington, KY 40509

### KNOW THE 10 SIGNS

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. A free, light lunch will be served.

**Registration is required.**

**DATE:** June 19, 2018 **TIME:** 1:00pm-2:00pm  
**LOCATION:** Laurel County Public Library, 120 College Park Drive, London, KY 40741

### 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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### **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. Cooper is speaking.

*Registration required. Registration fee \$10. Designed for family caregivers; please no professional. Lunch provided. Please register by: June 1*

**DATE:** June 8, 2018    **TIME:** 9:00am-4:00pm

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

Sponsored by:



### **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

#### **McDowell Place of Danville**

1181 Ben Ali Drive Danville, KY  
2<sup>nd</sup> Sunday; 2pm

#### **First Alliance Church**

2201 Old Higbee Mill Rd Lexington, KY  
1<sup>st</sup> Sunday; 10:45am  
3<sup>rd</sup> Wednesday; 6:30pm

#### **Bridgepointe at Ashgrove Woods**

5220 Grey Oak Lane Nicholasville, KY 40356  
Respite may be provided  
4th Tuesday of the month; 6pm

#### **Cumberland Church of Christ**

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

#### **The Lantern at Morning Pointe**

225 Ruccio Way Lexington, KY  
Respite may be provided  
2nd Friday of the month; 10am

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