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. Please contact the Extension Office at 859-734-4378 to register.

DATE: June 4, 2019          TIME: 6:00pm-7:00pm
LOCATION: Mercer County Cooperative Extension Office, 1007 Lexington Rd, Harrodsburg, KY 40330

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.

Registration required. Registration fee $10. Designed for family caregivers; please no professionals. Lunch provided. Deadline to register is May 31st.

DATE: June 7, 2019          TIME: 9:00am-4:00pm
LOCATION: Alzheimer’s Association, 2808 Palumbo Drive, Lexington, KY (basement conference room)

Sponsored by: Bluegrass Area Agency on Aging, UK Sanders-Brown Center on Aging, Baptist Health

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 Encompass Health.

DATE: June 10, 2019         TIME: 2:00p.m.- 4:00 p.m.
LOCATION: Call April at 859-266-5283, Extension 8179 for more details.

UNDERSTANDING ALZHEIMER’S & 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: June 19, 2019         TIME: 6:30pm-7:30pm
LOCATION: Scott County Public Library, 104 S. Bradford Lane, Georgetown, KY 40324

HEALTHY LIVING FOR YOUR BRAIN & BODY: TIPS FROM THE LATEST RESEARCH
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 make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn how to make lifestyle choices that may help you keep your brain and body healthy as you 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 20, 2019         TIME: 6:30pm-7:30pm
LOCATION: Woodford County Public Library Midway Branch 500 Northside Dr, Midway, KY 40347
LEARN FROM HOME

WEBINAR: 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 Mike Bius of the Alzheimer’s Association. Register at www.alzwebinars.org.

DATE: June 4, 2019
TIME: 11:00am-12:00pm EST (10:00-11:00am CST) or 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

PROGRAM BY PHONE: HEALTHY LIVING FOR YOUR BRAIN & BODY: TIPS FROM THE LATEST RESEARCH
or 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 make lifestyle choices that may help you keep your brain and body healthy as you 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 Melanie Chavin 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: June 11, 2019
TIME: 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

WEBINAR: 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. Register at www.alzwebinars.org.

DATE: June 20, 2019
TIME: 9:30am-10:30am EST (8:30am-9:30am CST) or 2:00pm-3:00pm EST (1:00pm-2:00pm CST) or recorded to watch at a later time
WEBINAR: UNDERSTANDING ALZHEIMER’S & DEMENTIA
Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms and Alzheimer’s Association resources. Program presented by Lee Pennington of the Alzheimer’s Association. Register at www.alzwebinars.org.

DATE: June 27, 2019
TIME: 10:00am-11:00am EST (9:00am-10:00am CST) or 2:00pm-3:00pm EST (1:00pm-2:00pm CST) or recorded to watch at a later time

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