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 Steptoe & Johnson, PLLC

DATE: October 8, 2018  TIME: 2:00p.m.- 4:00 p.m.
LOCATION: Call April at 859-266-5283, Extension 8179 for more details.
In partnership with:

PROGRAM BY PHONE: 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. Join us to learn how making simple changes in how we relate to a person with dementia can make a world of difference in mitigating difficult behaviors. Presented by April Stauffer of the Alzheimer’s Association. To register for this program go to [http://Alzphoneprograms.org](http://Alzphoneprograms.org). If no internet access, please call 800-272-3900 to register.

DATE: October 9, 2018  TIME: 12:00PM-1:00PM (CST) or 1:00PM-2:00PM (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.

DATE: October 17, 2018  TIME: 10:45am-11:30am
LOCATION: Pulaski County Senior Center, 125 E. University Drive, Somerset, KY 42501

DATE: October 26, 2018  TIME: 10:00am-11:00am
LOCATION: Madison County Senior Citizens Center, 214 W. Jefferson Street, Berea, KY 40403
UNDERSTANDING & 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: October 17, 2018
TIME: 11:00am-12:00pm
LOCATION: Taylor Regional Hospital, 1700 Old Lebanon Rd, Campbellsville, KY

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 Daryl Carlson of the Alzheimer's Association. To register for this program go to ALZWebinars.org.

DATE: October 17, 2018
TIME: 11:00AM-12:00PM or 1:00PM-2:00PM (CST); 12:00PM-1:00PM or 2:00PM-3:00PM (EST) or recorded to watch at a later time

LEGAL & FINANCIAL PLANNING FOR ALZHEIMER’S & DEMENTIA
Planning for future financial needs should happen as early as possible when or before someone develops a dementia. Learn about financial issues to consider, what programs are available to help, and how to put plans in place. Guest speaker will be elder law attorney Robert McClelland. Program provided by the Alzheimer’s Association. Registration is required; please call 1-800-272-3900.

DATE: Monday, October 22, 2018
TIME: 2:30PM-4:00PM
LOCATION: Alzheimer’s Association, 2808 Palumbo Drive, Lexington, KY 40509

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.
WEBINAR: HOW TO CHOOSE THE BEST RESIDENTIAL CARE FOR YOUR LOVED ONE

The move to a residential facility can be traumatic for all involved. Financial pressures, guilt, sadness and anxiety are all part of the process of transitioning to residential care. Learn how to select the best level of care for your situation. Once chosen, learn how to manage the process of choosing which option is best, from making the first phone call to making the most out of your first tour. Presented by Lee Moriarty, CTRS/BS who is a healthcare consultant and a founding member of the Illinois Pioneer Coalition, which has a mission of bringing about culture change in nursing homes and long term care facilities. To register for this program go to ALZWebinars.org.

DATE: October 24, 2018
TIME: 11:00AM-12:00PM or 1:00-2:00PM (CST); 12:00PM-1:00PM or 2:00PM-3:00PM (EST) or recorded to watch at a later time

UK TELEHEALTH: RESEARCH UPDATE: THE LATEST IN DEMENTIA RESEARCH (GLASGOW, HARLAN, HAZARD, HOPKINSVILLE, MADISONVILLE, MANCHESTER, MCDOWELL, MOREHEAD, MT. STERLING, MT. VERNON, MURRAY, PADUCAH, PIKEVILLE, RUSSELL, SANDY HOOK, TOMPKINSVILLE, & WHITESBURG)

Join us for an educational session focused on the latest research in Alzheimer's disease and dementia. Following the presentation, we will have a time for general questions and answer session. Please bring your questions about brain health promotion and dementia care and treatment. We look forward to an engaging 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. This event is free and open to the public. Registration is required. Contact Hardin Stevens at the UK Sanders Brown Center on Aging at 859-323-2997 or hardinsteven@uky.edu to register. Deadline to register is October 18th!

DATE: October 25, 2018
TIME: 6:30-8:00PM EST

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

Rowan County Caring and Sharing Alzheimer’s Support Group
316 West 2nd Street Morehead, KY
Center for Health and Education and Research; Room 102-C
1st Monday of the month; 6pm

The Lantern of Frankfort
66 C Michael Davenport Blvd 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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