

alzheimer's association®

CENTRAL KENTUCKY & EASTERN KENTUCKY November 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: November 5, 2018

TIME: 10:30am-11:30am

LOCATION: Clark County Generation Center, 32 Meadow St, Winchester, KY 40391

DATE: November 8, 2018

TIME: 12:00pm-1:00pm

LOCATION: Bourbon County Senior Citizens Center, 11 Legion Road, Paris, KY 40361

DATE: November 9, 2018

TIME: 11:00am-12:00pm

LOCATION: Laurel County Public Library, 120 College Park Drive, London, KY 40741

Provided through a generous grant from

Margaret J. Stoeckinger Foundation

LIVING WITH ALZHEIMER'S FOR CAREGIVERS: MIDDLE STAGES

This program addresses the issues involved in caring for a person in the middle stages of Alzheimer's disease or related dementia. Specific topics covered include practical tips for everyday living, medication, safety, and residential options. This program was created especially for family caregivers, so please no professionals.

DATE: November 8, 2018

TIME: 9:00am-12:00pm

LOCATION: Casey County Public Library, 238 Middleburg Street, Liberty, KY 42539

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



DATE: November 12, 2018

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

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

In partnership with:



Follow us on Facebook and Twitter



www.facebook.com/AlzKYIN



www.twitter.com/AlzKYIN

alzheimer's association®

CENTRAL KENTUCKY & EASTERN KENTUCKY November 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>

CREATING POSTIVE HOLIDAY EXPERIENCES WITH A LOVED ONE WITH DEMENTIA

This program will teach tips and strategies for making the holidays enjoyable by minimizing stress and frustration for everyone. Specific topics include but are not limited to; travel, maintaining a routine, facilitating communication and knowing when to say “no” to others.

DATE: November 15, 2018 **TIME:** 6:30pm-7:30pm

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

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.

LEARN FROM HOME

WEBINAR: IS IT TIME TO SEE THE DOCTOR? ALZHEIMER'S SYMPTOMS VS NORMAL AGING

If you or someone you know is experiencing changes in memory and cognition, how can you tell if it's normal aging or something more serious? Join us as we speak to Dr. Liana Apostolova, Director of the Clinical Core of the Alzheimer's Disease Center at Indiana University. To register for this program go to ALZWebinars.org.

DATE: November 6, 2018

TIME: 10:00AM-11:00AM or 12:00PM- 1:00PM (CST); 11:00AM-12:00PM or 1:00PM-2:00PM (EST) or recorded to watch at a later time

PROGRAM BY PHONE: FAMILY CONFLICT & ALZHEIMER'S: FINDING COMMON GROUND

A diagnosis of Alzheimer's can be especially challenging for families. Family dynamics between adult children and parents can quickly become problematic and seem like an overwhelming obstacle to focusing on caring for the person with dementia. Dial in to learn some strategies for navigating the difficult waters of family and dementia. This program will be presented by Becky Beanblossom, a certified Alzheimer's trainer. To register for this program go to <http://Alzphoneprograms.org>. If no internet access, please call 800-272-3900 to register.

DATE: November 13, 2018

TIME: 12:00PM-1:00PM (CST) or 1:00PM-2:00PM (EST) or recorded to watch at a later time

WEBINAR: THE ART & SCIENCE OF MUSIC & DEMENTIA

Music has been shown to improve mood, behaviors and quality of life for people at all stages of Alzheimer's disease. Log in to learn from board certified music therapist Rebecca Froman-Freiman about the science behind music therapy, and how you can employ music to help your loved one with dementia. To register for this program go to ALZWebinars.org.

DATE: November 29, 2018

TIME: 1:00PM- 2:00PM (CST); 2:00PM-3:00PM (EST) or recorded to watch at a later time

Follow us on Facebook and Twitter



www.facebook.com/AlzKYIN



www.twitter.com/AlzKYIN

alzheimer's association®

CENTRAL KENTUCKY & EASTERN KENTUCKY November 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>

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

Rockcastle Regional Hospital - chapel
145 Newcomb Ave Mt Vernon, KY 40456
3rd Monday at 6pm

Bourbon County Caregiver Support Group
Paris-Bourbon County Library
701 High Street Paris KY 40361
2nd Tuesday of the month at 6:00pm

Hometown Manor
523 East Washington St Georgetown, KY 40324
3rd Wednesday of the month at 6pm

Active Day of Richmond
928 Commercial Drive Richmond, KY 40475
1st Thursday of the month at 4pm

TechMedical Home Health
1014 Bellefonte Rd Flatwoods, KY 41139
1st Monday of the month at 6pm

Richmond Place
3051 Rio Dosa Drive Lexington, KY 40509
3rd Thursday of the month; 3pm

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

The Lantern at Morning Pointe
225 Ruccio Way Lexington, KY
Respite may be provided
2nd Friday of the month; 10am

Scott County Senior Citizen Center
800 Cincinnati Pike Georgetown, KY Suite 10
2nd and 4th Tuesday of the month; 6pm

For a more comprehensive listing of support groups throughout Kentucky and Southern Indiana, please visit https://www.alz.org/kyin/helping_you/support_groups

Follow us on Facebook and Twitter



www.facebook.com/AlzKYIN



www.twitter.com/AlzKYIN