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 professionals. Lunch provided. Please register by November 30th.

DATE: December 7, 2018       TIME: 9:00am-4:00pm
LOCATION: Alzheimer’s Association, 2808 Palumo 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. Refreshments provided by Morning Pointe.

DATE: December 10, 2018       TIME: 2:00p.m.- 4:00 p.m.
LOCATION: Call April at 859-266-5283, Extension 8179 for more details.
Program provided in partnership with: UK Sanders-Brown Center on Aging

LIVING WITH ALZHEIMER’S FOR CAREGIVERS: LATE STAGES
In the late stage of Alzheimer’s disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us and hear about resources, monitoring care and providing meaningful connection for the person with late stage dementia and their families. This program was created especially for family caregivers, so please no professionals. A free lunch will be provided but registration is required.

DATE: December 13, 2018       TIME: 9:00am-12:00pm
LOCATION: Casey County Public Library, 238 Middleburg Street, Liberty, KY 42539
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

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: December 13, 2018  
TIME: 1:00PM-2:30PM  
LOCATION: Alzheimer’s Association, 2808 Palumbo Drive, Lexington, KY (basement conference room)

LEARN FROM HOME

WEBINAR: UNDER WHICH ROOF? RESIDENTIAL PLACEMENT VS. IN-HOME CARE
As the roles transition from care partner to care giver, we find that there is no way one person can do it all alone. However, not every situation calls for a placement in a residential facility. Join this webinar to learn about the different options and levels of in-home care that are available before a residential placement becomes necessary. Guest presenter will be memory care consultant Melanie Perry. To register for this program go to ALZWebinars.org.

DATE: December 4, 2018  
TIME: 10:00AM-11:00AM (CST)/11:00AM-12:00PM (EST) or 12:00PM-1:00PM (CST)/1:00PM-2:00PM (EST) or recorded to watch at a later time

PROGRAM BY PHONE: DIAGNOSING ALZHEIMER’S DEMENTIA AND MILD COGNITIVE IMPAIRMENT
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? What is the difference between mild cognitive impairment, dementia and Alzheimer’s disease? Join us as we speak to board-certified neurologist Dr. Gregory Cooper to learn about the diagnostic process when cognitive issues arise. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: December 11, 2018  
TIME: 12:00PM-1:00PM (CST) or 1:00PM-2:00PM (EST) 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. Guest presenter will be care partner, Dave Meyers. To register for this program go to ALZWebinars.org.

DATE: December 19, 2018  
TIME: 11:00AM-12:00PM (CST)/12:00PM-1:00PM (EST) or 1:00PM-2:00PM (CST)/2:00PM-3:00PM (EST) or recorded to watch at a later time

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www.twitter.com/AlzKYIN
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

Laurel Senior Living Village Heights
212 W 12th Street London, KY
4th Tuesday, 6pm
Respite may be provided

First Baptist Church
230 South 5th Street Williamsburg, KY
1st Sunday, 2pm

Morning Pointe of Danville
1375 Perryville Rd Danville KY 40422
3rd Thursday of the month at 5:30pm

Beaumont Library
3080 Fieldstone Way Lexington, KY 40513
Boxed lunch provided *Please RSVP for lunch
Last Thursday; 12:00pm

Liberty Ridge
701 Liberty Ridge Lane Lexington, KY
1st and 3rd Wednesday; 11:30am

Montgomery Caring and Sharing
Regency Memory Care 130 Sterling Way Mt. Sterling, KY 40353
2nd Monday of the month at 6pm; Respite provided

Matters of the Mind Dementia Support Group at Legacy Reserve at Fritz Farm
2700 Man O War Blvd Lexington KY 40515
4th Monday of the month at 6pm
Not meeting in December 2018

McDowell Place of Danville
1181 Ben Ali Drive Danville, KY
2nd Sunday; 2pm

The Lantern of Russell
1063 Addington Drive Russell KY 41169
2nd Friday; 2pm

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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