MEMORY CAFÉ
The Memory Café is a monthly social group comprised of people with memory loss and their loved one(s). Its mission is to provide a safe, comfortable, engaging environment where people with memory loss and their care partners can laugh, learn and remain socially engaged with others traveling the same journey. It is a time and place where people can interact, find support, and celebrate together without feeling embarrassed or misunderstood. It encourages friendship and acceptance. Registration requested. Designed for people with memory issues and their care partners; no professionals please.

DATE: February 12, 2019 TIME: 2-3:30pm EST
LOCATION: Hodgenville United Methodist Church, 825 Tonieville Rd, Hodgenville, KY
This program is offered in partnership with LaRue County Cooperative Extension Service and Health Department

DATE: February 25, 2019 TIME: 2-3:30pm EST
LOCATION: Alzheimer’s Association 6100 Dutchmans Ln, BASEMENT LEVEL (Kaden Tower) Louisville, KY
The February Louisville Memory Café will feature Gregory Acker and Hamidou Koivogui from the Kentucky Center for the Arts, Arts in Healing Program. They will bring drums and instruments so that everyone can be involved in the storytelling that will go on in the African drum circle. This month the program will be held in the basement level of the Kaden Tower.

DEMENTIA CONVERSATIONS
This program shares tips for breaking the ice and having difficult conversations around some of the most common issues that arise when someone shows signs of Alzheimer’s or dementia like doctor visits, deciding when to stop driving, planning for the future and building a care team that works well to reduce some of the stress that can accompany a disease like Alzheimer’s. $5 donation suggested. Registration required. Designed for care partners; please no professionals.

DATE: February 5, 2019 TIME: 1pm-2:30pm EST
LOCATION: Alzheimer’s Association, 6100 Dutchmans Lane, 4th floor Louisville, KY

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. $5 donation suggested. Registration required. Designed for care partners; please no professionals.

DATE: February 26, 2019 TIME: 2-3:30pm EST
LOCATION: Alzheimer’s Association, 6100 Dutchmans Lane, 4th floor Louisville, KY

Early Stage Support Group
The early support groups provide an opportunity to discuss issues and changes related to memory loss and a gathering to share experiences and feelings for both those with early stage memory loss and their care partners. Registration required. Vetting is necessary. Designed for people with memory issues and their care partners; no professionals please.
Louisville, KY
LEARN FROM HOME

WEBINAR: 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 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. Presented by Sarah Rowe. To register for this program go to ALZWebinars.org.

DATE: February 6, 2019
TIME: 2:00PM-3:00PM EST or recorded to watch at a later time

PROGRAM BY PHONE: DEMENTIA, GRIEF, ACCEPTANCE, & MEANINGFUL INTERACTIONS
This presentation will focus on adjustment to the progression of dementia from the caregiver’s perspective. The process of “protracted grief” will be discussed, and strategies for acceptance and coping will be reviewed. Finally, tools will be presented for self-care and for a mindfulness-based approach to dementia care. Presented by Dr. Steven Bliss. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: February 12, 2019
TIME: 1:00PM-2:00PM (EST) 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. For more details and to register for this program go to ALZWebinars.org.

WEBINAR: DEMENTIA CONVERSATIONS
This workshop will offer tips on how to have honest and caring conversations with family members about: deciding when to stop driving, going to the doctor, making legal and financial decisions and reduce stress by building a strong care team. For more details and to register for this program go to ALZWebinars.org.
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.

Elmcroft- Mt Washington
520 Woodlake Drive
Mt Washington, KY 40047
1st Thursday of the month at 6pm

The Medical Center of Scottsville
456 Burnley Rd Scottsville KY
Group meets in the Adult Learning Center
3rd Thursday of the month at 4pm

Tri-County Community Action Agency
1015 Dispatchers Way La Grange, KY
1st Monday of the month at 5:30pm

Healing Arts Center
10 E Court St Paoli, IN 47454
Former Carnegie Library; enter lower level rear of building
1st Thursday of the month at 1pm

Support Groups designed for Caregivers and provided specialized programming for those with middle stage memory loss.

Southeast Christian Church
Faith-based designation
920 Blankenbaker Pkwy.
Louisville, KY 40243
3rd Thursday, 1pm

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