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. Registration requested. Designed for people with memory issues and their care partners; no professionals please.

DATE: March 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: March 25, 2019           TIME: 2-3:30pm EST
LOCATION: Alzheimer’s Association 6100 Dutchmans Ln, (Kaden Tower) Louisville, KY
The March Louisville Memory Café will feature Lorinda Jones Dulcimer/Celtic Music

Early Stage Series
An 8 week support group style program designed to provide information, support and encouragement for persons in early stages of 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

Living with Alzheimer’s for Caregivers: Early Stage
In the early stage of Alzheimer’s disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us and hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early stage diagnosis. Registration required. Designed for family caregivers.

DATE: March 4, 2019           TIME: 5pm-7pm EST
LOCATION: Southwest Regional Library-9725 Dixie Hwy Louisville, KY

Living with Alzheimer’s: Middle-Stages
In the middle stage of Alzheimer’s disease, those who were care partners now become hands-on caregivers. Join us and hear professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer’s. Registration required. Designed for family caregivers.

DATE: March 11, 2019           TIME: 5pm-7pm EST
LOCATION: Southwest Regional Library-9725 Dixie Hwy Louisville, KY

Living with Alzheimer’s: 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 find out about resources, monitoring care and providing meaningful connection for the person with late stage Alzheimer’s and their families. Registration required. Designed for family caregivers.

DATE: March 18, 2019           TIME: 5pm-7pm EST
LOCATION: Southwest Regional Library-9725 Dixie Hwy Louisville, KY
CENTRAL KENTUCKY & SOUTHERN INDIANA
March 2019 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

KNOW THE TEN WARNING SIGNS
If you or someone you know is experiencing memory loss or behavior changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer’s disease. Registration required. Designed for the general public.

DATE: March 12, 2019    TIME: 5pm-6:30pm EST
LOCATION: Alzheimer’s Association – 6100 Dutchmans Lane, 4th floor Louisville, KY

HEALTHLY LIVING FOR YOUR BRAIN AND BODY
For centuries, we’ve know that the health of the brain and 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. Designed for the general public.

DATE: March 21, 2019    TIME: 2:30-4:00pm EST
LOCATION: Alzheimer’s Association – 6100 Dutchmans Lane, 4th floor Louisville, KY

LEARN FROM HOME

WEBINAR: CURRENT TREATMENTS & FUTURE DIRECTIONS FOR THERAPY IN DEMENTIA
This webinar aims to explain why Alzheimer’s and related dementias are a significant public health concern and will describe the current treatments for Alzheimer’s; their benefits and limitation. It will also highlight the new directions being taken to develop new treatments for dementia. Presented by Dr. Donna Wilcock of the University of Kentucky Sanders-Brown Center on Aging. To register for this program go to ALZWebinars.org.

DATE: March 5, 2019    TIME: 11:00am-12:00pm EST (10:00am-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: VISIT WITH EASE: KEYS TO SPENDING TIME WITH A PERSON WITH DEMENTIA
Visiting a person with dementia can, at times, make even friends and relatives uneasy. Concerns such as “what if they don’t remember me” or “what should I say” can cause people to avoid spending time with a person who can really use company. Learn from an expert how to spend time with a person with dementia to make the time enjoyable for all. This program will be presented by Kathy Rhoads of Illinois. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: March 12, 2019    TIME: 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time
WEBINAR: 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. To register for this program go to ALZWebinars.org.

DATE: March 20, 2019
TIME: 11:00am-12:00pm EST (10:00am-11:00am CST) or 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

WEBINAR: SUCCESSFUL DAILY PLANNING FOR A PERSON WITH ALZHEIMER’S: HOW TO STRUCTURE YOUR DAY
Quality of life for a person with Alzheimer’s or another dementia can be greatly affected by how a caregiver brings structure to their day. Managing energy levels, physical exercise, social interaction and meaningful daily activities can be a daunting task. Join us to learn some strategies from an experienced caregiver. To register for this program go to ALZWebinars.org.

DATE: March 26, 2019
TIME: 11:00am-12:00pm EST (10:00am-11:00am CST) or 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

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.

Southeast Christian Church-Indiana Campus
Faith-based designation
1309 Charlestown New Albany Rd
Jeffersonville, IN 47130
3rd Thursday, 3pm

Baptist Health Floyd Hospital
Paris Learning Center
1850 State Street New Albany, IN 47150
3rd Thursday 2pm-3:30 & 6pm-7:30pm

Beargrass Christian Home
4100 Shelbyville Rd Louisville, KY
Room 201
2nd Thursday; 10:30am

Thrive at Beckley Creek
13700 English Villa Drive Louisville, KY 40245
Lunch and respite provided
3rd Friday of the month; 11:30am
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

Nazareth Home  
2000 Newburg Rd Louisville, KY  
3rd Monday of the month; 5:30pm

Episcopal Church Home  
7504 Westport Rd  
Louisville, KY  
3rd Wednesday of the month; 7:30pm

Commonwealth Medical Plaza  
720 2nd Ave Suite 103  
Bowling Green, KY 42104  
3rd Thursday; 3pm

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