

# alzheimer's association®

## CENTRAL KENTUCKY & SOUTHERN INDIANA May 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>**

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

**DATE:** May 8, 2018      **TIME:** 5:30pm-8pm EST

**LOCATION:** Alzheimer's Association 6100 Dutchmans Ln, 4th floor of Kaden Tower, **Louisville, KY**

### **LIVING WITH ALZHEIMER'S: MIDDLE-STAGE**

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

**DATE:** May 16, 2018      **TIME:** 5:30pm-8pm EST

**LOCATION:** Alzheimer's Association 6100 Dutchmans Ln, 4th floor of Kaden Tower, **Louisville, KY**

### **LIVING WITH ALZHEIMER'S: LATE STAGE**

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

**DATE:** May 22, 2018      **TIME:** 5:30pm-8pm EST

**LOCATION:** Alzheimer's Association, 6100 Dutchmans Lane, 4th floor of Kaden Tower, **Louisville, KY**

### **HEALTHY LIVING FOR YOUR BRAIN AND 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. *\$5 donation suggested. Registration required. Designed for general audiences.*

**DATE:** May 9, 2018      **TIME:** 3-4pm EST

**LOCATION:** Alzheimer's Association, 6100 Dutchmans Lane, 4th floor of Kaden Tower, **Louisville, KY**

### **THE BASICS: MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE**

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more. *Registration required.*

**DATE:** May 9, 2018      **TIME:** 1:30pm-2:30pm EST

**LOCATION:** Alzheimer's Association, 6100 Dutchmans Lane, 4th floor of Kaden Tower, **Louisville, KY**

**DATE:** May 25, 2018      **TIME:** 2:30pm-3:30pm CST

**LOCATION:** Mary Wood Weldon Memorial Library, 1530 S. Green Street, **Glasgow, KY**

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### 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:** May 8, 2018      **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*

### 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 your home

### PROGRAM BY PHONE: CAREGIVER BOOTCAMP: HOW PERSON-CENTERED CARE CHANGES EVERYTHING

A person with Alzheimer's disease or another dementia is a person, first and foremost. Sadly, in many settings they are treated as a 'patient' that represents a to-do list for caregivers. Whether it is professional caregivers or family members, it is easy to fall into this role instead of dealing with the person with dementia. Presented by Benjamin Mast, Ph.D., who is a clinical psychologist and Associate Professor & Vice Chair in Psychological & Brain Sciences at the University of Louisville. He has authored three books on Alzheimer's disease and Gerontology, entitled "Whole Person Dementia Assessment," "Second Forgetting: Remembering the Power of the Gospel in Alzheimer's disease," and "Handbook of Geropsychology." Log in to learn how person-centered care will improve the quality of life for both the caregiver and the person with dementia.

To register for this program go to <http://Alzphoneprograms.org>. If no internet access, please call [800-272-3900](tel:800-272-3900) to register.

**DATE:** May 8, 2018

**TIME:** 1:00-2:00pm EST or recorded to listen to at a later time

### WEBINAR:LEGAL & FINANCIAL CONSIDERATIONS FOR ALZHEIMER'S DISEASE: WHAT YOU NEED TO KNOW RIGHT NOW

Families caring for someone with dementia often deal with a host of unknowns. Planning ahead can help to reduce those unknowns. In this webinar, we will learn about proactive steps to take in legal and financial planning from experienced elder law attorney, Claire Lewis who has worked in the field for more than thirty years.

To register for this program go to [ALZWebinars.org](http://ALZWebinars.org).

**DATE:** May 16, 2018

**TIME:** 11:00am-12:00pm EST or recorded to watch at a later time

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### 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.

#### **Commonwealth Medical Plaza**

720 2<sup>nd</sup> Ave Suite 103  
Bowling Green, KY 42104  
3<sup>rd</sup> Thursday; 3pm

#### **Sunrise Senior Living**

6700 Overlook Drive  
Louisville KY 40241  
Third Monday of the month at 6pm

#### **Wesley Manor Retirement Community**

5400 E Manslick Rd Louisville, KY  
Community Center for Patio Homes  
First Tuesday of the month; 5pm

#### **Symphony at Valley Farms**

10201 Valley Farms Blvd Louisville, KY 40272  
Activity Room  
Last Tuesday of the month; 6pm

#### **Atria Senior Living**

133 Heartland Drive  
Elizabethtown, KY  
2nd Tuesday; 12pm

#### **Southeast Christian Church-Southwest Campus (Faith Based designation)**

8301 St Andrews Church Rd Louisville, KY  
Last Wednesday of the month; 2pm

#### **Traditions at Hunter Station**

Chapel (2<sup>nd</sup> Floor)  
400 Hunter Station Rd Sellersburg, IN 47172  
3<sup>rd</sup> Wednesday, 5pm

For a more comprehensive listing of support groups throughout Kentucky and Southern Indiana, please visit [http://www.alz.org/kyin/in\\_my\\_community\\_60821.asp](http://www.alz.org/kyin/in_my_community_60821.asp)

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## SERVICE SPOTLIGHT



The only way we will find a cure is if everyone (caregivers, persons with memory loss, healthy individuals, and those with a family history of memory loss) are willing to participate in research. By signing up for TrialMatch you are not committed to participating in research but will be informed of research available to you if you choose to participate. One of the best benefits of signing up is that you and/or your loved one are linked with the top neurologists in the country & you will be on the cutting edge of research.

1-800-272-3900 or <https://trialmatch.alz.org/find-clinical-trials#createaccount>

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