

alzheimer's association®

CENTRAL KENTUCKY & SOUTHERN INDIANA June 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>

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

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 dementia, 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. *Registration required. Designed for care partners; please no professionals*

DATE: June 5, 2018 **TIME:** 5:30-7:30pm EST

LOCATION: Alzheimer's Association – 6100 Dutchmans Lane 4th floor (Kaden Tower)
Louisville, KY

DATE: June 12, 2018 **TIME:** 2-3pmCST

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

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. Designed for general audiences.*

DATE: June 7, 2018 **TIME:** 10:00-11:30am EST

LOCATION: Alzheimer's Association – 6100 Dutchmans Lane 4th floor (Kaden Tower)
Louisville, KY

LIVING WITH ALZHEIMER'S: FOR PEOPLE WITH DEMENTIA

The diagnosis of dementia is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us and have a chance to hear from others who have been where you are discussing what you need to know, what you need to plan, and what you can do to develop and work with your care team. *Registration required. Designed for people with dementia and their care partners; please no professionals.*

DATE: June 19, 2018 **TIME:** 1pm-3pm EST

LOCATION: Hardin County Public Library-100 Jim Owens Drive **Elizabethtown, KY**

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KNOW THE TEN SIGNS

If you or someone you know is experiencing memory loss or behavioral 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. \$5 donation suggested. Designed for general audiences.*

DATE: June 13, 2018 **TIME:** 10:00-11:00am EST
LOCATION: Alzheimer's Association – 6100 Dutchmans Lane 4th floor (Kaden Tower)
Louisville, KY

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: June 12, 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

DATE: June 25, 2018 **TIME:** 2-3:30pm EST
LOCATION: Alzheimer's Association 6100 Dutchmans Ln, 4th floor (Kaden Tower)
Louisville, KY *(Visual artist, Pat Sturtzel, will be helping us to make our own visual art work)*

Learn from your home

WEBINAR: REDUCING THE RISK OF ALZHEIMER'S: SEPARATING FACT FROM FICTION

Today, one in three seniors dies with Alzheimer's or a related dementia. Can anything be done to reduce the risk of developing Alzheimer's disease, or to delay its onset? Dr. Gregory Jicha, a board-certified neurologist and researcher for the UK Sanders Brown Center on Aging will share the latest research on the management of risk factors for Alzheimer's disease and related dementias.

To register for this program go to ALZWebinars.org.

DATE: June 6, 2018
TIME: 11:00am-12:00pm EST or 3:00pm-4:00pm EST or recorded to watch at a later time

PROGRAM BY PHONE: HOW YOU SAY IT: MAKING MATTERS WORSE (OR BETTER) BY HOW YOU COMMUNICATE

Alzheimer's disease and other dementias cause changes in the person's ability to communicate. Understanding these challenges and adjusting our communication patterns can make all the difference in the world for both caregivers and those with dementia. Dial in to learn some simple rules of thumb to communicate more effectively, both verbally and nonverbally. Presented by Kathy Rhoads, MSW, owner and operator of "Circle of Friends Adult Day Center in Champaign, IL.

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

DATE: June 12, 2018 **TIME:** 1:00-2:00pm EST or recorded to listen to 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.

Waters of Clifty Falls

950 Cross Ave Madison, IN 47250
1st Tuesday of the month, 6pm

Nazareth Home - Clifton

2120 Payne Street
Louisville, KY 40206
1st Wednesday; 4:30pm

Symphony at Oaklawn

100 Shelby Station Drive
Louisville, KY 40245
2nd Thursday; 6pm

Exceptional Senior Living

6901 Carslaw Crt
Prospect, KY
Second Tuesday of the month at 3pm

New 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

Transitions: A support group for the person living with Alzheimer's and their care partner

Wesley Manor Retirement Community
5012 E. Manslick Rd. Louisville, KY 40219
Assisted Living section of the facility (campus signage is visible)
4th Tuesday, 10:30am-12pm
Begins January 23rd
Please call to register Rev Dr. Rebecca Church 502-400-3204
Must be continent

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

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