Understanding and Responding to Dementia-Related Behavior

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. Donations welcome.

**Designed for family caregivers; please no professionals.**

**DATE:** July 3, 2019  
**TIME:** 1:00pm-2:30pm  
**LOCATION:** Alzheimer’s Association, 6100 Dutchmans Lane Suite 401 (Kaden Tower) Louisville, KY 40205

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.

Registration required. Donations welcome.

**Designed for family caregivers; please no professionals.**

**DATE:** July 17, 2019  
**TIME:** 6:00-7:00pm  
**LOCATION:** Alzheimer’s Association, 6100 Dutchmans Lane Suite 401 (Kaden Tower) Louisville, KY 40205

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 public; Donations welcome.

**DATE:** July 23, 2019  
**TIME:** 11am-12:00pm  
**LOCATION:** Alzheimer’s Association, 6100 Dutchmans Lane Suite 401 (Kaden Tower) Louisville, KY 40205
Legal and Financial Planning
If you or someone you know is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.
Registration required. Donations welcome.
Designed for family caregivers; please no professionals.

DATE: July 24, 2019        TIME: 5:30-7:00pm
LOCATION: Alzheimer's Association, 6100 Dutchmans Lane Suite 401 (Kaden Tower) Louisville, KY 40205

UK TELEHEALTH: RESEARCH UPDATES (GLASGOW)
Join us as we learn about the latest research updates shared at the 2019 Alzheimer’s Association International Conference. A panel of experts from the UK Sanders Brown Center on Aging and the Alzheimer’s Association will discuss updates and answer any questions pertaining to dementia. This program is offered through an interactive telemedicine system to connect with persons who are impacted by Alzheimer's disease and related memory disorders, providing education and supportive services across the state of Kentucky. Registration is required. Contact Hardin Stevens at the UK Sanders Brown Center on Aging at 859-323-2997 or hardinstevens@uky.edu to register. Deadline to register is July 18th. This event is free and open to the public.

Offered in partnership by the UK Sanders-Brown Center on Aging

DATE: July 25, 2019        TIME: 6:30-8:00PM EST/5:30-7:00PM CST

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: July 9, 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: July 29, 2019        TIME: 2-3:30pm EST
LOCATION: Alzheimer’s Association 6100 Dutchmans Ln, Suite 401 (Kaden Tower) Louisville, KY
The July Program is art from the Speed Art Museum’s collection. This program will focus on "Discover Kentucky."
LEARN FROM HOME

WEBINAR: TEN WARNING SIGNS OF ALZHEIMER'S
Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour webinar will cover typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process and Alzheimer’s Association resources. Presented by Dave Meyers. To register for this program go to ALZWebinars.org.

DATE: July 2, 2019
TIME: 2:00-3:00pm EST (1:00-2:00pm CST)

PROGRAM BY PHONE: TALKING TO YOUR DOCTOR
Visiting the doctor can be intimidating and even frightening when you are concerned about Alzheimer's. This is true for an initial diagnosis and for follow-up visits. Join us as Dr. Greg Cooper explains the process of diagnosing Alzheimer's and other dementias, and how you can effectively partner with your doctor as you navigate these tricky waters. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: July 9, 2019
TIME: 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

WEBINAR: USING MUSIC TO COMBAT ANXIETY & CREATE HARMONY
Music can bring about amazing results for people in various stages of Alzheimer's disease. This webinar will look at the evidence base for music, how to choose the right music, and what benefits you might expect from incorporating music into the daily routine of a person with dementia. Presented by Elizabeth Hagemann, MA of the Alzheimer's Association. To register for this program go to ALZWebinars.org.

DATE: July 17, 2019
TIME: 11:00am-11:30am EST (10:00am-10:30am CST) or 2:00pm-2:30pm EST (1:00pm-1:30pm CST) or recorded to watch at a later time

WEBINAR: RESOURCES FOR OVERWHELMED CAREGIVERS: HOW TO GET HELP NOW
By the time many caregivers realize that they cannot “do it all,” they are already overwhelmed by the demands Alzheimer's makes on them. In this webinar we will learn about various places to find caregiver resources, enabling caregivers to continue providing good care for their loved ones, and finding needed support for themselves. Presented by Melissa Tucker of the Alzheimer’s Association. To register to to ALZWebinars.org.

DATE: July 23, 2019
TIME: 11:00am-11:30am EST (10:00am-10:30am CST) or 2:00pm-2:30pm EST (1:00pm-1:30pm CST) or recorded to watch at a later time
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

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

<table>
<thead>
<tr>
<th>Southeast Christian Church-Indiana Campus</th>
<th>Healing Arts Center</th>
<th>Tri-County Community Action Agency</th>
<th>Baptist Health Floyd Hospital</th>
<th>Beargrass Christian Home</th>
<th>Nazareth Home</th>
<th>Thrive at Beckley Creek</th>
<th>The Medical Center of Scottsville</th>
<th>Southeast Christian Church-Southwest Campus</th>
<th>Hughlett Temple A.M.E. Zion Church</th>
<th>Commonwealth Med Center Health Community Clinic</th>
<th>Nazareth Home - Clifton</th>
<th>Jewish Family &amp; Career Services</th>
<th>Traditions at Beaumont: Memory Keepers</th>
<th>Elmcroft- Mt Washington</th>
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<tbody>
<tr>
<td>1309 Charlestown New Albany Rd Jeffersonville, IN 47130</td>
<td>10 E St Paoi, IN 47454</td>
<td>1st Monday of the month at 5:30pm</td>
<td>1850 State Street New Albany, IN 47150</td>
<td>Room 201</td>
<td>3rd Monday of the month; 5:30pm</td>
<td>Former Carnegie Library; enter lower level rear of building</td>
<td>Group meets in the Adult Learning Center</td>
<td>8301 St Andrews Church Rd Louisville, KY</td>
<td>Second Thursday of the month at 12pm or 7pm</td>
<td>3rd Thursday; 3pm</td>
<td>1st Wednesday; 4:30pm</td>
<td>2nd Tuesday of the month at 6pm</td>
<td>1st Thursday of the month at 6pm</td>
<td>3rd Thursday of the month at 6pm</td>
</tr>
<tr>
<td>3rd Thursday, 3pm</td>
<td>Former Carnegie Library; enter lower level rear of building</td>
<td>1st Monday of the month at 5:30pm</td>
<td>3rd Thursday 2pm-3:30 &amp; 6pm-7:30pm</td>
<td>2nd Thursday; 10:30am</td>
<td>2nd Monday of the month; 5:30pm</td>
<td>Lunch and respite provided</td>
<td>465 Burnley Rd Scottsville KY</td>
<td>1st Wednesday; 4:30pm</td>
<td>*specialized African American Group</td>
<td>3rd Thursday; 3pm</td>
<td>1st Thursday of the month at 6pm</td>
<td>2nd Tuesday of the month at 6pm</td>
<td>1st Thursday of the month at 6pm</td>
<td>3rd Thursday of the month at 6pm</td>
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</tbody>
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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
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

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