The Memory Café is a monthly social group providing a safe, comfortable environment where people with memory loss and their care partners can enjoy time together and remain socially engaged with others traveling the same journey. It is a time and place where people can interact, find support and celebrate without feeling embarrassed or misunderstood. It encourages friendship and acceptance.

Registration required. Donations welcomed.
Designed for people with memory loss and their caregivers, please no professionals.
This program is offered in partnership with SWIRCA.

The Memory Café takes place the second Wednesday of every month.
Location varies: please call 1.800.272.3900 to determine if this group is appropriate for you & your loved one & to register.

DATE: January 9, 2019
TIME: 2-3:30 p.m.
LOCATION: Evansville, IN

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.

Registration required; please call 1.800.272.3900 or go communityresourcefinder.org to register.

DATE: January 16, 2019
TIME: 7-8 p.m.
LOCATION: St. Pius Tenth Church, 3418 East Fourth Street, Owensboro, Ky

DATE: January 24, 2019
TIME: TBD
LOCATION: Hopkins County Extension Office 75 Cornwall Drive Madisonville, KY
Healthy Living for Your Brain and Body Workshop
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.

*Dr. Mahesh Moolani* will continue the discussion with his diagnosis of diabetes and the lifestyle choices he made to manage his condition. He will share information about risks and side effects of multiple medication use as we age. He will also answer any questions you have on dementia diagnosis & care.

*Registration required; please call 1.800.272.3900 or go communityresourcefinder.org to register.*

*Designed for general public; Donations welcome.*
*A light dinner will be provided by Wellington Parc*

**DATE:** January 22, 2019  
**TIME:** 5-7:30 p.m.  
**LOCATION:** Owensboro Health Healthpark, 1006 Ford Ave, Owensboro, KY

Living with Alzheimer’s: For Caregivers Only - 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 hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late stage Alzheimer’s and their families.

*Registration required; please call 1.800.272.3900 or go communityresourcefinder.org to register.*

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

**DATE:** January 29, 2019  
**TIME:** 10:30 a.m.-1 p.m.  
**LOCATION:** Lourdes Hospital Marshal Nemer Pavilion Borders Room, 1530 Lone Oak Rd, Paducah, KY
UK TELEHEALTH: PROGRESSION OF MEMORY PROBLEMS: WHY IS MY LOVED ONE ASKING THE SAME QUESTIONS AGAIN AND AGAIN? (HOPKINSVILLE, MADISONVILLE, MURRAY, PADUCAH)

Join us for an educational session that will include an overview of common forms of memory problems and their progression. This session will also include a focus on challenging behaviors that may arise and strategies to address them. Following the presentation we will have time for a general question and answer session. 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. This event is free and open to the public. 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 January 17th!

Offered by UK Sanders-Brown Center on Aging

DATE: January 24, 2019          TIME: 5:30-7:00PM CST
LEARN FROM HOME

PROGRAM BY PHONE: SUNDOWNING, SLEEPLESSNESS, & ALZHEIMER’S: HOW TO COPE IN THE EVENINGS
To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: January 8, 2019
TIME: 12:00PM-1:00PM (CST) or 1:00PM-2:00PM (EST) or recorded to watch at a later time

WEBINAR: DEMENTIA VS. ALZHEIMER’S: WHAT’S THE DIFFERENCE AND WHY IT MATTERS
To register for this program go to ALZWebinars.org.

DATE: January 15, 2019
TIME: 11:00AM-12:00PM EST (10:00AM-11:00AM CST) and 1:00PM-2:00PM EST (12:00PM-1:00PM CST) or recorded to watch at a later time

WEBINAR: KNOW THE 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 program covers: typical age-related changes, common warning signs of Alzheimer’s, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer’s Association resources.
To register for this program go to ALZWebinars.org.

DATE: January 24, 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: LEARNING TO CONNECT: RELATING TO THE PERSON WITH ALZHEIMER’S
To register for this program go to ALZWebinars.org.

DATE: January 29, 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

Follow us on Facebook and Twitter

www.facebook.com/AlzKYIN         www.twitter.com/AlzKYIN
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

**Wellington Parc**
2885 New Hartford Road Owensboro, KY
3rd Thursday; 6:30pm

**Pennyrile Area Development District**
300 Hammond Drive Hopkinsville, KY
2nd Tuesday; 10:00am

**Chapel Hill Church**
985 Bend Gate Road Henderson, KY
1st Thursday; 2:00pm

**Lourdes Hospital**
1530 Lone Oak Road Paducah, KY 42003
3rd Thursday of every month; 11am
Group meets in the Franciscan Room

**Graves County Public Library**
601 N 17th Street Mayfield, KY
Respite provided with 1 day notice for $6.60/hour
1st Wednesday of the month at 12pm

**Blue Grass UMC**
14200 Petersburg Rd Room 1001
Evansville, IN 47725
2nd Monday of the month at 2pm

**Murray Calloway County Senior Center**
607 Poplar Street
Murray, KY 42071
1st Thursday of the month at 10am

**The Terrace of Solarbron**
1701 McDowell Rd
Evansville, IN 47712
4th Wednesday of the month at 5pm

**Northside**
Evansville Alzheimer’s Association’s Office,
701 N. Weinbach Avenue, Suite 510 Evansville, IN 47711
3rd Saturday of the month at 10am

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