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

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

Programs presented by KY Elder Law

**DATE:** Feb. 6, 2019  
**TIME:** 10 a.m. - 12 p.m.  
**LOCATION:** Lourdes Hospital, 1530 Lone Oak Rd, Marshall Neimer Pavilion Borders Room, Paducah, KY

**DATE:** Feb. 26, 2019  
**TIME:** 10 a.m. - 12 p.m.  
**LOCATION:** Healthpark, Classroom A, 1006 Ford Ave, Owensboro, 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.

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

Designed for general public; Donations welcome.

**DATE:** Feb. 7, 2019  
**TIME:** 10-11:30 a.m.  
**LOCATION:** Henderson County Cooperative Extension Office, 3341 Zion Road, Henderson, KY  
Light refreshments will be provided. Brought to you by an OMHS grant.

**DATE:** Feb. 21, 2019  
**TIME:** 12-1 p.m.  
**LOCATION:** St. Pius Tenth Parish, 3418 Highway 144, Owensboro, KY
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 welcome.

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:          Feb. 13, 2019
TIME:          2:30 p.m.
LOCATION:      Evansville, IN
LEARN FROM HOME

WEBINAR: HEALTHY LIVING FOR YOUR BRAIN & 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. Presented by Sarah Rowe. To register for this program go to ALZWebinars.org.

DATE: February 6, 2019
TIME: 1:00PM-2:00PM (CST) or recorded to watch at a later time

PROGRAM BY PHONE: DEMENTIA, GRIEF, ACCEPTANCE, & MEANINGFUL INTERACTIONS
This presentation will focus on adjustment to the progression of dementia from the caregiver’s perspective. The process of “protracted grief” will be discussed, and strategies for acceptance and coping will be reviewed. Finally, tools will be presented for self-care and for a mindfulness-based approach to dementia care. Presented by Dr. Steven Bliss. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

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

WEBINAR: 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. For more details and to register for this program go to ALZWebinars.org.

WEBINAR: DEMENTIA CONVERSATIONS
This workshop will offer tips on how to have honest and caring conversations with family members about: deciding when to stop driving, going to the doctor, making legal and financial decisions and reduce stress by building a strong care team. For more details and to register for this program go to ALZWebinars.org.
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

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

Pennyriile 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

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