Know the 10 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; please call 1.800.272.3900 or go communityresourcefinder.org to register.

Designed for general public; Donations welcome.

DATE: March 7, 2019
TIME: 10-11:00 a.m.
LOCATION: Health Park, Classroom B, 1006 Ford Ave, 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 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: March 13, 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.

Designed for general public; Donations welcome.

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

DATE: March 21, 2019
TIME: 5-6:30 p.m.
LOCATION: Pennyrile Area Development District, 300 Hammond Dr, Hopkinsville, KY
Light Dinner Provided by Cornell Memory Center

DATE: March 26, 2019
TIME: 5-6:00 p.m.
LOCATION: Alzheimer’s Association, 701 N. Weinbach Ave., Suite 510, Evansville, IN
Refreshments provided by American Senior Communities

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: March 22, 2019
TIME: 10-11:30 a.m.
LOCATION: Hopkins County Extension Office, 75 Cornwall Dr, Madisonville, KY
Light refreshments will be provided. Brought to you by an OMHS grant.
LEARN FROM HOME

WEBINAR: CURRENT TREATMENTS & FUTURE DIRECTIONS FOR THERAPY IN DEMENTIA
This webinar aims to explain why Alzheimer’s and related dementias are a significant public health concern and will describe the current treatments for Alzheimer’s; their benefits and limitation. It will also highlight the new directions being taken to develop new treatments for dementia. Presented by Dr. Donna Wilcock of the University of Kentucky Sanders-Brown Center on Aging. To register for this program go to ALZWebinars.org.

DATE: March 5, 2019
TIME: 10:00-11:00am or 12:00-1:00pm or recorded to watch at a later time

PROGRAM BY PHONE: VISIT WITH EASE: KEYS TO SPENDING TIME WITH A PERSON WITH DEMENTIA
Visiting a person with dementia can, at times, make even friends and relatives uneasy. Concerns such as “what if they don’t remember me” or “what should I say” can cause people to avoid spending time with a person who can really use company. Learn from an expert how to spend time with a person with dementia to make the time enjoyable for all. This program will be presented by Kathy Rhoads of Illinois. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: March 12, 2019
TIME: 12:00-1:00pm or recorded to watch at a later time

WEBINAR: 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. To register for this program go to ALZWebinars.org.

DATE: March 20, 2019
TIME: 10:00-11:00am or 12:00-1:00pm or recorded to watch at a later time

WEBINAR: SUCCESSFUL DAILY PLANNING FOR A PERSON WITH ALZHEIMER’S: HOW TO STRUCTURE YOUR DAY
Quality of life for a person with Alzheimer’s or another dementia can be greatly affected by how a caregiver brings structure to their day. Managing energy levels, physical exercise, social interaction and meaningful daily activities can be a daunting task. Join us to learn some strategies from an experienced caregiver. To register for this program go to ALZWebinars.org.

DATE: March 26, 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
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

Pennyrlie 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/kyn/helping_you/support_groups

Follow us on Facebook and Twitter

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