10 Warning Signs of Alzheimer’s
Alzheimer’s and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer’s Association resources. 
Registration required; please call 1.800.272.3900 or go communityresourcefinder.org to register.
Designed for general public; Donations welcome.

DATE: April 4, 2019
TIME: 5-6:30 p.m.
LOCATION: Hancock County Senior Center, 315 Ridgewood Rd, Hawesville, KY

DATE: April 27, 2019
TIME: 10:45-11:45 a.m.
LOCATION: Memorial Baptist Church Health Conference, 605 Canal St, Evansville, IN

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: April 10, 2019
TIME: 2-3:30 p.m.
LOCATION: Evansville, IN
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 to communityresourcefinder.org to register.
Designed for general public; Donations welcome.

DATE: April 17, 2019
TIME: 9:30-11 a.m.
LOCATION: Owensboro Health Park, 1006 Ford Ave, Classroom B

Light refreshments will be provided. Brought to you by an OMHS grant.

DATE: April 26 2019
TIME: 1-2 p.m.
LOCATION: Paducah/McCracken County Center, 1400 H C Mathis Dr.

DATE: April 30 2019
TIME: 5-6:30 p.m.
LOCATION: Alzheimer’s Association, 701 N. Weinbach Ave, Suite 510, Evansville, IN

UK TELEHEALTH: WHAT HAPPENS WHEN MY LOVED ONE IS REFUSING HELP? (HARLAN, HAZARD, HOPKINSVILLE,MADISONVILLE, MANCHESTER, MCDOWELL, MOREHEAD, MT. STERLING, MT. VERNON, MUNFORDVILLE, MURRAY, PADUCAH, PIKEVILLE, RUSSELL, SANDY HOOK, TOMPKINSVILLE)
Join us for an educational session that will highlight information about what to do if your loved one is refusing help. This session will include discussion of behavioral and medical interventions, ways to advocate for your loved one to receive appropriate care, as well as caregiver support issues. Following the presentation we will have time for a general questions 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. 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 April 18th! This event is free and open to the public.

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

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

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LEARN FROM HOME

WEBINAR: SELECTING IN-HOME CARE
To register for this program go to ALZWebinars.org.

DATE:  WEEK OF April 1st
TIME:  10:00am-11:00am CST or 12:00pm-1:00pm CST or recorded to watch at a later time

PROGRAM BY PHONE: 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. The Effective Communication Strategies program of the Alzheimer’s Association was designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia. This program will be presented by Melanie Chavin of Illinois. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE:  April 9, 2019
TIME:  12:00pm-1:00pm CST or recorded to watch at a later time

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

DATE:  (Week of April 15th?)
TIME:  10:00am-11:00am CST or 12:00pm-1:00pm CST or recorded to watch at a later time

Follow us on Facebook and Twitter

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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

Marshall County Public Library
1003 Poplar Street Benton, KY
1st Wednesday; 10am

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

Pennyville 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
1st Wednesday of the month at 12pm
Respite provided with 1 day notice for $6.60/hour

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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