

alzheimer's association®

WESTERN KENTUCKY & SOUTHERN INDIANA JUNE 2018 EDUCATIONAL BULLETIN

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>

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

DATE: June 5, 2018
TIME: 10 a.m.-12p.m.
LOCATION: Evansville Central Library, 200 SE Martin Luther King Jr Blvd, Evansville, IN

WEBINAR:REDUCING THE RISK OF ALZHEIMER'S: SEPARATING FACT FROM FICTION

Today, one in three seniors dies with Alzheimer's or a related dementia. Can anything be done to reduce the risk of developing Alzheimer's disease, or to delay its onset? Dr. Gregory Jicha, a board-certified neurologist and researcher for the UK Sanders Brown Center on Aging will share the latest research on the management of risk factors for Alzheimer's disease and related dementias.

To register for this program go to ALZWebinars.org.

DATE: June 6, 2018
TIME: 10 -11:00 am CST or 2-3:00pm CST or recorded to watch at a later time

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 welcomed.

DATE: June 12, 2018
TIME: 10 a.m. – 12 p.m.
LOCATION: Evansville Central Library, 200 SE Martin Luther King Jr Blvd, Evansville, IN
*Guest speaker will include Joe Kendall; "AARP Caregiver resources".
Refreshments will be provided by*

AARP Real Possibilities
Indiana

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PROGRAM BY PHONE: HOW YOU SAY IT: MAKING MATTERS WORSE (OR BETTER) BY HOW YOU COMMUNICATE

Alzheimer's disease and other dementias cause changes in the person's ability to communicate. Understanding these challenges and adjusting our communication patterns can make all the difference in the world for both caregivers and those with dementia. Dial in to learn some simple rules of thumb to communicate more effectively, both verbally and nonverbally. Presented by Kathy Rhoads, MSW, owner and operator of "Circle of Friends Adult Day Center in Champaign, IL.

To register for this program go to <http://Alzphoneprograms.org>. If no internet access, please call 800-272-3900 to register.

DATE: June 12, 2018

TIME: 12:00-1:00pm CST or recorded to listen to at a later time



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.

For location information and to register, please call 812/297-9726

DATE: June 13, 2018

TIME: 2-3:30 p.m.

LOCATION: Evansville, IN

Living with Alzheimer's Series

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Throughout the progression of the disease families face new challenges as they adjust to the changes of the disease. Join us for this series of programs that provide answers to the questions that arise in the early, middle, and late stages of the disease. See videos from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way.

**Registration required; please call 1.800.272.3900 to register or at .
<http://www.communityresourcefinder.org/>**

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

Early Stage: June 28, 2018

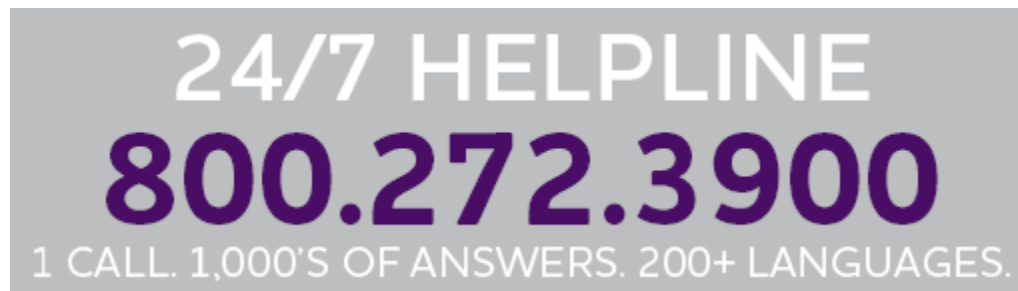
Middle Stage: July 26, 2018

Late Stage: August 17, 2018

TIME: 10:00 a.m.-12:00 p.m.

LOCATION: Owensboro Health Healthpark, 1006 Ford Ave, Owensboro, KY

In Home Assistance



The Alzheimer's Association Telephone Helpline is available to you 24/7; 365 days a year. Whether you just need a list of doctors or have issues with communication, behaviors or safety. We are here: 1-800-272-3900.

https://www.alz.org/we_can_help_24_7_helpline.asp

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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

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 http://www.alz.org/kyin/in_my_community_60821.asp

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