Effective Communication Strategies—For Caregivers Only

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.

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

DATE: Sept. 6, 2018
TIME: 10 a.m.-12 p.m.
LOCATION: Owensboro, KY Healthpark, 1006 Ford Ave, Classroom B

DATE: Sept. 27, 2018
TIME: 10 a.m.-12 p.m.
LOCATION: Alzheimer’s Association, 701 N. Weinbach Ave, Suite 510, Evansville, IN

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 welcome.

DATE: Sept. 10, 2018
TIME: 2-3 p.m.
LOCATION: Blue Grass Church, 14200 Petersburg Rd, Evansville, IN

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Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.

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

DATE: Sept. 11, 2018
TIME: 10 a.m.-12 p.m.
LOCATION: Pennyrile Area Development District, 300 Hammond Dr, Hopkinsville, 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: September 12, 2018
TIME: 2-3:30 p.m.
LOCATION: Evansville, IN

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LEARN FROM HOME

PROGRAM BY PHONE: TALKING TO YOUR DOCTOR ABOUT DEMENTIA: DIAGNOSIS & FOLLOW-UP

Visiting the doctor can be intimidating and even frightening when you are concerned about Alzheimer’s. This is true for an initial diagnosis and for follow-up visits. Join us as we learn from a geriatrician about the process of diagnosing Alzheimer’s and other dementias, and how you can effectively partner with your doctor as you navigate these tricky waters. Presented by Dr. Daniel Bateman. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: September 11, 2018
TIME: 12:00PM-1:00PM (CST) or recorded to watch at a later time

WEBINAR: CAREGIVER SOS: HOW TO GET THE HELP YOU NEED
What do you do as a caregiver when you feel like you are just treading water? There are resources available that are tailor-made to your situation, but you must know about them. This webinar will feature a presentation of some of the best ways you can get help quickly. Presented by Kristen Jenkins of the Alzheimer’s Association. To register for this program go to ALZWebinars.org.

DATE: September 20, 2018
TIME: 10:00AM-10:45AM or 12:00PM-12:45PM (CST); or recorded to watch at a later time

WEBINAR: PRESCRIPTION MEDICATIONS FOR DEMENTIA: PROS, CONS, & WATCHOUTS
What medications are currently available to treat Alzheimer’s disease and other dementias? Are the benefits worth the side effects? Learn from a physician how these medications are prescribed, how they work and what you can expect from them. Presented by Dr. Stephanie van Ulft. To register for this program go to ALZWebinars.org.

DATE: September 26, 2018
TIME: 11:00AM-12:00PM or 1:00-2:00PM (CST); or recorded to watch at a later time

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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

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
Church closed for summer; meeting at North River Health Care Campus
811 E Baseline Rd Evansville, IN 47725

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

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