COMMUNITY PROGRAMS

MEMORY CAFÉ
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 11, 2019
TIME: 2-3:30 p.m.
LOCATION: Evansville, IN

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: September 5, 2019
TIME: 5:00pm-7:00 pm (CT)
LOCATION: Alzheimer’s Association: 701 N. Weinbach Suite 510, Evansville, IN 47711

LIVING WITH ALZHEIMER’S: FOR CAREGIVERS - MIDDLE STAGE
In the middle stage of Alzheimer’s disease, those who were care partners now become hands-on caregivers. Join us and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer’s.
Registration required. Donations welcome. Designed for family caregivers; please no professionals.

DATE: September 18, 2019
TIME: 10:00 AM- 12:30 PM
LOCATION: Owensboro Health Park: 1006 Ford Ave, Owensboro, KY 42301
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. To register for this program go to ALZWebinars.org.

DATE: September 5, 2019
TIME: 1:00pm-2:00pm EST (12:00-1:00pm CST) or 3:00pm-4:00pm EST (2:00pm-3:00pm CST) or recorded to watch at a later time

PROGRAM BY PHONE: USING MUSIC TO COMBAT ANXIETY & CREATE HARMONY
Music can bring about amazing results for people in various stages of Alzheimer’s disease. This program will look at the evidence base for music, how to choose the right music, and what benefits you might expect from incorporating music into the daily routine of a person with dementia. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: September 10, 2019
TIME: 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

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

DATE: September 17, 2019
TIME: 11:00am-12:00pm CST or (2:00pm-3:00pm CST) or recorded to watch at a later time

WEBINAR: FAMILY CONFLICT & ALZHEIMER’S: CREATING AN ACTION PLAN
A diagnosis of Alzheimer’s can be especially challenging for families. Family dynamics between adult children and parents can quickly become problematic and seem like an overwhelming obstacle to focusing on caring for the person with dementia. Tune in to learn some strategies for navigating the difficult waters of family and dementia. To register for this program go to ALZWebinars.org.

DATE: September 24, 2019
TIME: (2:00-2:30pm CST) or (7:00pm-7:30pm CST) or recorded to watch at a later time

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

<table>
<thead>
<tr>
<th>Murray Calloway County Senior Center</th>
<th>Northside</th>
</tr>
</thead>
<tbody>
<tr>
<td>607 Poplar Street</td>
<td>Evansville Alzheimer’s Association’s Office,</td>
</tr>
<tr>
<td>Murray, KY 42071</td>
<td>701 N. Weinbach Avenue, Suite 510 Evansville, IN 47711</td>
</tr>
<tr>
<td>1st Thursday of the month at 10am</td>
<td>3rd Saturday of the month at 10am</td>
</tr>
</tbody>
</table>