Living with Alzheimer’s: For Care Partners - Early Stage

In the early stage of Alzheimer’s disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us and hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early stage diagnosis.

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

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

DATE: November 1, 2018
TIME: 10 a.m. – 12:30 p.m.
LOCATION: Lourdes Hospital, Borders Community Room, 1530 Lone Oak Rd, Paducah, KY

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

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

DATE: November 8, 2018
TIME: 10 a.m.-12 p.m.
LOCATION: Health Park, Classroom A, 1006 Ford Ave, Owensboro,
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.

**The Memory Café**

**DATE:** November 14, 2018  
**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. Registration required; please call 1.800.272.3900 or go communityresourcefinder.org to register.

**DATE:** November 27, 2018  
**TIME:** 12:30-1:30 p.m.  
**LOCATION:** St. Vincent Warrick Hospital, Phillips Room, 1116 Millis Ave, Boonville, IN

**Community Forum**

The Community Forum offers an opportunity for members within a community to dialogue with the Alzheimer's Association. During this community forum, attendees will be able to tell the Association the best way to reach more people in their community and what services they would like to see. Refreshments will be provided. Registration required; please call 1.800.272.3900 or go communityresourcefinder.org to register.

**DATE:** November 13, 2018  
**TIME:** 5:30-7 p.m.  
**LOCATION:** Deaconess Gateway Hospital, Community Room A, 4011 Gateway Blvd, Newburgh, IN
LEARN FROM HOME

WEBINAR: IS IT TIME TO SEE THE DOCTOR? ALZHEIMER’S SYMPTOMS VS NORMAL AGING

If you or someone you know is experiencing changes in memory and cognition, how can you tell if it’s normal aging or something more serious? Join us as we speak to Dr. Liana Apostolova, Director of the Clinical Core of the Alzheimer’s Disease Center at Indiana University. To register for this program go to ALZWebinars.org.

DATE: November 6, 2018
TIME: 10:00AM-11:00AM or 12:00PM-1:00PM (CST); 11:00AM-12:00PM or 1:00PM-2:00PM (EST) or recorded to watch at a later time

PROGRAM BY PHONE: FAMILY CONFLICT & ALZHEIMER’S: FINDING COMMON GROUND

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. Dial in to learn some strategies for navigating the difficult waters of family and dementia. This program will be presented by Becky Beanblossom, a certified Alzheimer’s trainer. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: November 13, 2018
TIME: 12:00PM-1:00PM (CST) or 1:00PM-2:00PM (EST) or recorded to watch at a later time

WEBINAR: THE ART & SCIENCE OF MUSIC & DEMENTIA

Music has been shown to improve mood, behaviors and quality of life for people at all stages of Alzheimer’s disease. Log in to learn from board certified music therapist Rebecca Froman-Freiman about the science behind music therapy, and how you can employ music to help your loved one with dementia. To register for this program go to ALZWebinars.org.

DATE: November 29, 2018
TIME: 1:00PM-2:00PM (CST); 2:00PM-3:00PM (EST) 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

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

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.as