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:** December 5, 2018  
**TIME:** 2-3:30 p.m.  
**LOCATION:** Evansville, IN

**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. Donations welcome. Designed for family caregivers; please no professionals. Registration required; please call 1.800.272.3900 or go communityresourcefinder.org to register.

**DATE:** December 6, 2018  
**TIME:** 10:30 a.m. – 1:00 p.m.  
**LOCATION:** Lourdes Hospital Marshall Neimer Pavilion Borders Room, 1530 Lone Oak Rd, Paducah, KY

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

**DATE:** December 18, 2018  
**TIME:** 10 - 11:30 a.m.  
**LOCATION:** Pennyrile Area Development District, 300 Hammond Dr, Hopkinsville, KY
LEARN FROM HOME

WEBINAR: UNDER WHICH ROOF? RESIDENTIAL PLACEMENT VS. IN-HOME CARE
As the roles transition from care partner to care giver, we find that there is no way one person can do it all alone. However, not every situation calls for a placement in a residential facility. Join this webinar to learn about the different options and levels of in-home care that are available before a residential placement becomes necessary. Guest presenter will be memory care consultant Melanie Perry. To register for this program go to ALZWebinars.org.
DATE: December 4, 2018
TIME: 10:00AM-11:00AM (CST)/11:00AM-12:00PM (EST) or 12:00PM-1:00PM (CST)/1:00PM-2:00PM (EST) or recorded to watch at a later time

PROGRAM BY PHONE: DIAGNOSING ALZHEIMER’S DEMENTIA AND MILD COGNITIVE IMPAIRMENT
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? What is the difference between mild cognitive impairment, dementia and Alzheimer’s disease? Join us as we speak to board-certified neurologist Dr. Gregory Cooper to learn about the diagnostic process when cognitive issues arise. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.
DATE: December 11, 2018
TIME: 12:00PM-1:00PM (CST) or 1:00PM-2:00PM (EST) or recorded to watch at a later time

WEBINAR: UNDERSTANDING ALZHEIMER’S & DEMENTIA
Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms and Alzheimer’s Association resources. Guest presenter will be care partner, Dave Meyers. To register for this program go to ALZWebinars.org.
DATE: December 19, 2018
TIME: 11:00AM-12:00PM (CST)/12:00PM-1:00PM (EST) or 1:00PM-2:00PM (CST)/2:00PM-3:00PM (EST) 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

**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
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

[https://www.alz.org/kyin/helping_you/support_groups](https://www.alz.org/kyin/helping_you/support_groups)