

# alzheimer's association®

## APRIL 2020 WEBINARS AND PROGRAMS BY PHONE



### EDUCATIONAL PROGRAMS BY PHONE

These programs are designed for those who cannot attend a program away from their home or office. Programs by phone are held on the **second Tuesday of the month from 12-1 p.m. CST | 1-2 p.m. EST.** The benefits of programs by phone are maximized when you participate in more than one. Relax, sit back, listen and learn – and take advantage of the opportunity to ask questions of our expert presenters. All you need is a phone, so register today!

### HOW TO REGISTER

Register online at [ALZPhonePrograms.org](https://www.alzphoneprograms.org) or register by phone at **800.272.3900**. After you register, you will receive information and directions for the call.

### Medicare Basics for Caregivers: What You Need to Know Now

Navigating Medicare benefits, resources and guidelines can be overwhelming. Join us to learn more about the basics of Medicare, how to unlock extra benefits and programs that help reduce the cost of Medicare and prescriptions. Presented by BriAnn Hill, State Health Insurance Assistance Program (SHIP) Counselor.

Speaker BriAnn Hill, Alzheimer's Association

BriAnn Hill is a Community Outreach Coordinator with the Alzheimer's Association Greater Kentucky & Southern Indiana Chapter. She is a licensed social worker and graduate of the University of Southern Indiana. BriAnn's previous experience as a nurse and personal caregiving journey has led her to be an advocate for caregiver support.

**DATE:** Tuesday, April 14<sup>th</sup>

**TIME:** 12 PM CT or 1 PM ET

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**Live Webinars**  
ONLINE EDUCATION PROGRAMS

Register for webinars at [ALZWebinars.org](https://ALZWebinars.org)

### WHAT IS A WEBINAR?

“Webinar” is short for “web-based seminar.” The Alzheimer’s Association now offers these live, interactive programs conducted through the Internet. Participation is easy and is a great solution if you cannot easily attend a program in person. Instead, you attend via your computer, smart phone\* or tablet\*.

\*With the **Adobe Connect** app installed on your mobile device. \*Available at *Google Play & App Store*.

If you can open an email and click a link, you can join our webinars—it’s that easy! We offer a variety of topics, professional speakers, and an opportunity to ask or type in questions if you desire. Webinars are convenient and designed to meet the needs of busy caregivers. **They can also be viewed up to six months after their live date.**

### HOW TO REGISTER AND JOIN

**STEP 1:** Register online at [ALZWebinars.org](https://ALZWebinars.org).

**STEP 2:** After you register, you will receive an **email with a link to the webinar.**

**STEP 3:** *On the day of the webinar, click on the link and launch the webinar.*

### Providing Late Stage Alzheimer's Care with the "Namaste Care" Approach

Caregivers of people in the Late Stages of Alzheimer's and other dementias want to know that they are providing the best possible care for their loved one. Namaste Care is a very simple method of improving the quality of life using easily learned techniques and without special equipment or supplies. This caregiving approach has been used, studied by universities, and shown to be effective, in several countries. Join us to learn about how you can use the methods of Namaste Care, whether your loved one is at home or in a hospital or residential facility.

Joyce Simard, MSW

Joyce Simard is an Adjunct Associate Professor School of Nursing, University of Western Sydney Australia and a private geriatric consultant residing in Land O Lakes, Florida. She has been involved in long-term care for 37 years serving as Alzheimer's specialist for many healthcare companies providing services in skilled nursing homes, assisted living communities and hospice organizations. Ms. Simard has written numerous articles and chapters in healthcare books and has authored three books: “The Magic Tape Recorder”, a book for children about Alzheimer's disease and “The End-of-Life Namaste Care Program for People with Dementia” now in its second edition.



## APRIL 2020 WEBINARS AND PROGRAMS BY PHONE

**DATE:** Tuesday, April 7th, 2020

**TIME:** 10 AM CT or 11 AM ET and 1 PM CT or 2 PM ET or recorded to watch at a later time

### **Dementia Conversations**

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Speaker David Myers, Alzheimer's Association Community Educator

Dave Meyers lives in Normal, Illinois where he was a caregiver for his wife, Cheryl, along with working a full time job for six years. The Myers family entered the Alzheimer's family when Cheryl received her diagnosis of young onset Alzheimer's disease in 2013. The Alzheimer's Association provided encouragement, support and resources to David as Cheryl progress through the different stages. David has two grown children that live in Indiana and Pennsylvania. Their love and support for their parents is what drove David to provide the absolute best care for his wife of 31 years.

**DATE:** Wednesday, April 22nd, 2020

**TIME:** 10 AM CT or 11 AM ET and 1PM CT or 2 PM ET

### **Healthy Living for Your Brain & Body: Tips from the Latest Research**

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 make lifestyle choices that may help you keep your brain and body healthy as you 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.

Yolanda Simon, Alzheimer's Association Community Educator

**DATE:** Wednesday, April 29th

**TIME:** 11 AM CT or 12 PM ET and 1 PM CT or 2 PM ET