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.

DATE: February 5, 2019     TIME: 2:00p.m. - 3:00 p.m.
LOCATION: Madison County Cooperative Extension Office, 230 Duncannon Lane, Richmond, KY 40475

LEGAL & FINANCIAL PLANNING FOR ALZHEIMER’S & DEMENTIA
Planning for future financial needs should happen as early as possible when or before someone develops a dementia. Learn about financial issues to consider, what programs are available to help, and how to put plans in place. Guest speaker will be elder law attorney Mary Patton. Program provided by the Alzheimer's Association. Registration is required; please call 1-800-272-3900.

DATE: Thursday, February 7, 2019     TIME: 2:00 p.m.-3:00 p.m.
LOCATION: Scott County Public Library, 104 S. Bradford Lane, Georgetown, KY 40324

MEMORY CAFÉ LEXINGTON
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. Designed for people with memory loss and their caregivers; please no professionals. Program provided in partnership with the UK Sanders Brown Center on Aging. Refreshments provided by The Willows.

DATE: February 11, 2019     TIME: 2:00 p.m.- 4:00 p.m.
LOCATION: Call April at 859-266-5283, Extension 8179 for more details.

TEN WARNING SIGNS OF ALZHEIMER’S
Alzheimer’s and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about ten common warning signs and what to watch for in yourself and others. The one hour program covers typical age-related changes, common warning signs of Alzheimer’s, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. Bring a lunch and learn about the ten warning signs.

DATE: February 12, 2019     TIME: 12:00 p.m.- 1:00 p.m.
LOCATION: Pulaski County Public Library, 304 S. Main Street, Somerset, KY 42501

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

Follow us on Facebook and Twitter

www.facebook.com/AlzKYIN     www.twitter.com/AlzKYIN
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. Provided through a generous grant from the Margaret T. Stoeckinger Foundation. Registration required.

DATE: February 15, 2019    TIME: 12:00pm-1:00pm
LOCATION: Pike County Cooperative Extension Office, 148 Trivette Drive, Pikeville, KY 41501

EARLY STAGE SOCIAL ENGAGEMENT PROGRAM
The Alzheimer’s Association Early Stage Social Engagement Group is designed to provide education, emotional, and social support for people in the Early Stage of Alzheimer’s disease or other forms of dementia through regularly scheduled outings, meetings and activities. This group helps participants connect with other people with dementia and tries to help them maintain their personal and emotional health. Please call 859-266-5283 Ext. 8179 if you are interested. Participants must be pre-screened for this program.

DATE: February 25, 2019    TIME: 11:30am-12:30pm
LEARN FROM HOME

WEBINAR: 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 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. Presented by Sarah Rowe. To register for this program go to ALZWebinars.org.

DATE: February 6, 2019
TIME: 2:00PM-3:00PM EST or recorded to watch at a later time

PROGRAM BY PHONE: DEMENTIA, GRIEF, ACCEPTANCE, & MEANINGFUL INTERACTIONS
This presentation will focus on adjustment to the progression of dementia from the caregiver’s perspective. The process of “protracted grief” will be discussed, and strategies for acceptance and coping will be reviewed. Finally, tools will be presented for self-care and for a mindfulness-based approach to dementia care. Presented by Dr. Steven Bliss. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

DATE: February 12, 2019
TIME: 1:00PM-2:00PM (EST) or recorded to watch at a later time

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. For more details and to register for this program go to ALZWebinars.org.

WEBINAR: DEMENTIA CONVERSATIONS
This workshop will offer tips on how to have honest and caring conversations with family members about: deciding when to stop driving, going to the doctor, making legal and financial decisions and reduce stress by building a strong care team. For more details and to register for this program go to ALZWebinars.org.
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

Rockcastle Regional Hospital - chapel
145 Newcomb Ave Mt Vernon, KY 40456
3rd Monday at 6pm

Hometown Manor
523 East Washington St Georgetown, KY 40324
3rd Wednesday of the month at 6pm

Active Day of Richmond
928 Commercial Drive Richmond, KY 40475
1st Thursday of the month at 4pm

TechMedical Home Health
1014 Bellefonte Rd Flatwoods, KY 41139
1st Monday of the month at 6pm

Richmond Place
3051 Rio Dosa Drive Lexington, KY 40509
3rd Thursday of the month; 3pm

Bridgepointe at Ashgrove Woods
5220 Grey Oak Lane Nicholasville, KY 40356
Respite may be provided
4th Tuesday of the month; 6pm

The Lantern at Morning Pointe
225 Ruccio Way Lexington, KY
Respite may be provided
2nd Friday of the month; 10am

Scott County Senior Citizen Center
800 Cincinnati Pike Georgetown, KY Suite 10
2nd and 4th Tuesday of the month; 6pm

Laurel Senior Living Village Heights
212 W 12th Street London, KY
4th Tuesday, 6pm
Respite may be provided

For a more comprehensive listing of support groups throughout Kentucky and Southern Indiana, please visit https://www.alz.org/kyin/helping_you/support_groups

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