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

FAMILY CAREGIVER WORKSHOP
This program is produced specifically for family and friend caregivers, offering information and ideas on Alzheimer’s disease related topics. Experts specializing in aging and Alzheimer’s care will present on a wide range of subjects that help caregivers address the demands of providing for a person with dementia. Dr. Cooper is speaking.
Registration required. Registration fee $10. Designed for family caregivers; please no professionals. Lunch provided. Please register by November 30th.
DATE: March 1, 2019 TIME: 9:00am-4:00pm
LOCATION: Alzheimer’s Association, 2808 Palumbo Drive, Lexington, KY (basement conference room)

Sponsored by: Bluegrass Area Agency on Aging, UK Sanders-Brown Center on Aging, Baptist Health

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 Highgrove.
DATE: March 11, 2019 TIME: 2:00p.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.
DATE: March 19, 2019 TIME: 11:00a.m.-12:00p.m.
LOCATION: Harrison County Public Library, 104 N. Main Street, Cynthiana, KY 41031

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. Stoebinger Foundation. Registration required.
DATE: March 20, 2019 TIME: 10:00am-11:00am
LOCATION: The Gathering Place, 569 Jean Drive, Danville, KY 40422

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BOYLE COUNTY 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. Light refreshments will be provided.

DATE: March 21, 2019      TIME: 5:30pm-7pm
LOCATION: Boyle County Public Library, 307 West Broadway Street, Danville, KY 40422

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: March 25, 2019      TIME: 11:30am-12:30pm
LOCATION: Lexington, Kentucky

UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIORS
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. Designed for family caregivers; please no professionals.

DATE: March 25, 2019      TIME: 6:00pm-7:00pm
LOCATION: Lexington Public Library, Tates Creek Branch, 3628 Walden Drive, Lexington, KY 40517
LEARN FROM HOME

WEBINAR: CURRENT TREATMENTS & FUTURE DIRECTIONS FOR THERAPY IN DEMENTIA
This webinar aims to explain why Alzheimer’s and related dementias are a significant public health concern and will describe the current treatments for Alzheimer’s; their benefits and limitation. It will also highlight the new directions being taken to develop new treatments for dementia. Presented by Dr. Donna Wilcock of the University of Kentucky Sanders-Brown Center on Aging. To register for this program go to ALZWebinars.org.

DATE: March 5, 2019
TIME: 11:00am-12:00pm EST (10:00am-11:00am CST) or 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

PROGRAM BY PHONE: VISIT WITH EASE: KEYS TO SPENDING TIME WITH A PERSON WITH DEMENTIA
Visiting a person with dementia can, at times, make even friends and relatives uneasy. Concerns such as “what if they don’t remember me” or “what should I say” can cause people to avoid spending time with a person who can really use company. Learn from an expert how to spend time with a person with dementia to make the time enjoyable for all. This program will be presented by Kathy Rhoads of Illinois. To register for this program go to http://Alzphoneprograms.org. If no internet access, please call 800-272-3900 to register.

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

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

DATE: March 20, 2019
TIME: 11:00am-12:00pm EST (10:00am-11:00am CST) or 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

WEBINAR: SUCCESSFUL DAILY PLANNING FOR A PERSON WITH ALZHEIMER’S: HOW TO STRUCTURE YOUR DAY
Quality of life for a person with Alzheimer’s or another dementia can be greatly affected by how a caregiver brings structure to their day. Managing energy levels, physical exercise, social interaction and meaningful daily activities can be a daunting task. Join us to learn some strategies from an experienced caregiver. To register for this program go to ALZWebinars.org.

DATE: March 26, 2019
TIME: 11:00am-12:00pm EST (10:00am-11:00am CST) or 1:00pm-2:00pm EST (12:00pm-1:00pm CST) or recorded to watch at a later time

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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

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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