

# Education Programs

## September 2021



### Información para entender la enfermedad de Alzheimer y demencia

Wednesday, September 8, 2021 from 4:00 PM - 5:00 PM CDT

Virtual Presentation

La enfermedad de Alzheimer no es parte normal del envejecimiento. Únase a nosotros para conocer el impacto del alzhéimer; la diferencia entre la enfermedad de Alzheimer y la demencia; las etapas y los factores de riesgo; las investigaciones y los tratamientos actuales disponibles para algunos síntomas; así como los recursos de la Alzheimer's Association.

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### Understanding Alzheimer's and Dementia

Thursday, September 9, 2021 from 10:00 AM - 11:30 AM CDT

Hosted by Maple Grove Community Center | In Person Presentation

Maple Grove Community Center, 12951 Weaver Lake Rd, Maple Grove, MN 55369

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.

\*Masking and Social Distancing required for in person presentations\*

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### Understanding Alzheimer's and Dementia

Monday, September 20, 2021 from 6:30 PM - 7:30 PM CDT

Virtual Presentation

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.

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### 10 Warning Signs

Wednesday, September 22, 2021 from 11:30 AM - 1:00 PM CDT

Hosted by Cuyuna Area Connections - Virtual Presentation

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

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### Understanding Alzheimer's and Dementia

Wednesday, September 22, 2021 from 1:00 PM - 2:00 PM CDT

Hosted by Dancing Sky Area Agency on Aging - Virtual Presentation

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.

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### 10 Warning Signs

Wednesday, September 29, 2021 from 7:00 PM - 8:00 PM CDT

Hosted by Mahtomedi Community Education - In Person Presentation

Mahtomedi Community Education, 1520 Mahtomedi Ave, Mahtomedi, MN 55115

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

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## UNDERSTANDING ALZHEIMER'S AND DEMENTIA

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## 10 WARNING SIGNS

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Alzheimer's and other dementia's cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

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## EFFECTIVE COMMUNICATION STRATEGIES

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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.

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## 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.

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## HEALTHY LIVING FOR YOUR BRAIN AND 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.

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## 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.

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