

Alzheimer's Association
 NM Chapter Virtual Education Programs

Date & Time	Class	Short Description	CRF Link
September 2nd 12noon-1:00pm	<i>10 Warning Signs of Alzheimer's</i>	Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.	https://www.communityresourcefinder.org/ResourceView/Index?id=1885880&profileDefinitionId=93
Sept. 8th–Sept. 11th 11am-12noon (4-Day Webinar)	<i>Skills Mid-Day Webinar for Dementia Caregivers</i>	Presented in four daily, one-hour sessions, this online webinar is designed to teach both family caregivers and professional caregivers approaches that encourage success in the lives of people living with Alzheimer's disease. Caregivers will learn to understand the disease, how it affects thinking, feelings and behaviors – as well as the impact on family.	https://www.communityresourcefinder.org/ResourceView/Index?id=1885862&profileDefinitionId=93
Sept. 16th 12noon-1:00pm	<i>Understanding Alzheimer's and Dementia</i>	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.	https://www.communityresourcefinder.org/ResourceView/Index?id=1885887&profileDefinitionId=93
Sept. 22nd–Sept. 25th 11am-12noon (4-Day Webinar)	<i>Skills Mid-Day Webinar for Dementia Caregivers</i>	Presented in four daily, one-hour sessions, this online webinar is designed to teach both family caregivers and professional caregivers approaches that encourage success in the lives of people living with Alzheimer's disease. Caregivers will learn to understand the disease, how it affects thinking, feelings and behaviors – as well as the impact on family.	https://www.communityresourcefinder.org/ResourceView/Index?id=1885867&profileDefinitionId=93

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<p>Sept. 30th 12 noon-1:30pm</p>	<p><i>Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning</i></p>	<p>This education workshop offered by the Alzheimer's Association offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1885861&profileDefinitionId=93</p>
<p>Monday October 5th– Thursday October 8th 3:30pm-4:30 (4-Day Webinar)</p>	<p><i>Skills Mid-Day Webinar for Dementia Caregivers</i></p>	<p>Presented in four daily, one-hour sessions, this online webinar is designed to teach both family caregivers and professional caregivers approaches that encourage success in the lives of people living with Alzheimer's disease. Caregivers will learn to understand the disease, how it affects thinking, feelings and behaviors – as well as the</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950314&profileDefinitionId=93</p>
<p>Wednesday October 14th 12:00 noon- 1pm</p>	<p><i>Understanding Alzheimer's and Dementia</i></p>	<p>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</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950326&profileDefinitionId=93</p>
<p>Monday October 19th– Thursday October 22nd 3:30pm-4:30 (4-Day Webinar)</p>	<p><i>Skills Mid-Day Webinar for Dementia Caregivers</i></p>	<p>Presented in four daily, one-hour sessions, this online webinar is designed to teach both family caregivers and professional caregivers approaches that encourage success in the lives of people living with Alzheimer's disease. Caregivers will learn to understand the disease, how it affects thinking, feelings and behaviors – as well as the</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950337&profileDefinitionId=93</p>

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<p>Wednesday October 28th 12:00 noon- 1pm</p>	<p><i>10 Warning Signs of Alzheimer's</i></p>	<p>Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950586&profileDefinitionId=93</p>
<p>Wednesday November 4th 12:00noon-1:30pm</p>	<p><i>Effective Communication Strategies</i></p>	<p>Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways. Effective Communication Strategies is a program provided by the Alzheimer's Association® that explores how communication takes place when someone has</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950595&profileDefinitionId=93</p>
<p>Wednesday November 11th 12:00 noon-1:30pm</p>	<p><i>Healthy Living for Your Brain and Body: Tips from the Latest Research</i></p>	<p>This workshop covers areas of lifestyle habits that are associated with healthy aging. We will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health. We also discuss how these habits may also help to keep our brains healthy as we age and possibly delay</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950589&profileDefinitionId=93</p>
<p>Tuesday November 17th– Friday November 20th 11:00am-12:00 noon (4-Day Webinar)</p>	<p><i>Skills Mid-Day Webinar for Dementia Caregivers</i></p>	<p>This workshop covers areas of lifestyle habits that are associated with healthy aging. We will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health. We also discuss how these habits may also help to keep our brains healthy as we age and possibly delay</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950313&profileDefinitionId=93</p>

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<p>Tuesday November 24th 12:00 noon -1:30 pm</p>	<p><i>Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning</i></p>	<p>This education workshop offered by the Alzheimer's Association offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950574&profileDefinitionId=93</p>
<p>Monday November 30th– Thursday December 3rd 3:00 pm-4:00 pm (4-Day Webinar)</p>	<p><i>Skills Mid-Day Webinar for Dementia Caregivers</i></p>	<p>This workshop covers areas of lifestyle habits that are associated with healthy aging. We will discuss what we know, drawing on current research, as well as what we can do – steps to take now to improve or maintain overall health. We also discuss how these habits may also help to keep our brains healthy as we age and possibly delay</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950350&profileDefinitionId=93</p>
<p>Wednesday December 9th 12:00 noon- 1:30pm</p>	<p><i>Understanding and Responding to Dementia-Related Behavior</i></p>	<p>To help caregivers decipher behaviors and determine how best to respond, the Alzheimer's Association offers the Understanding and Responding to Dementia-Related Behavior program. Through practical information, resources, and interviews with experts, this program will help caregivers to address the</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950581&profileDefinitionId=93</p>
<p>Tuesday December 15th– Friday December 18th 11:00 am-12:00 noon (4-Day Webinar)</p>	<p><i>Skills Mid-Day Webinar for Dementia Caregivers</i></p>	<p>This workshop covers areas of lifestyle habits that are associated with healthy aging. We will discuss what we know, drawing on current research, as well as what we can do – steps to take now to improve or maintain overall health. We also discuss how these habits may also help to keep our brains healthy as we age and possibly delay</p>	<p>https://www.communityresourcefinder.org/ResourceView/Index?id=1950279&profileDefinitionId=93</p>

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