JOIN US
ONLINE EDUCATION PROGRAMS
Presented by the Alzheimer’s Association®

Healthy Living for your Brain and Body
Wednesday, October 14, 1–2:30 p.m. | Register
Monday, October 26, 3–4:30 p.m. | Register

10 Warning Signs of Alzheimer’s
Monday, October 5, 1–2:30 p.m. | Register
Friday, October 16, 10–11:30 a.m. | Register
Thursday, October 29, 10–11:30 a.m. | Register

Understanding Alzheimer’s and Dementia
Wednesday, October 7, 1–2:30 p.m. | Register
Monday, October 12, 3–4:30 p.m. | Register
Thursday, October 22, 1–2:30 p.m. | Register

Dementia Conversations
Thursday, October 1, 1–2:30 p.m. | Register
Tuesday, October 20, 10–11:30 a.m. | Register

Effective Communication Strategies
Tuesday, October 6, 1–2:30 p.m. | Register
Friday, October 23, 1–2:30 p.m. | Register

Understanding and Responding to Dementia Related Behavior
Wednesday, October 14, 10–11:30 a.m. | Register
Tuesday, October 27, 10–11:30 a.m. | Register

COVID-19 and Caregiving
Friday, October 2, 10–11:30 a.m. | Register
Monday, October 19, 3–4:30 p.m. | Register

Living with Alzheimer’s for Individuals Living with Early Stage Alzheimer’s and Other Dementia
Registration is required. Attend all three.
October 28, November 4 and 11
1:30–3:30 p.m. | Register
tinyurl.com/EarlyLWAFall2020

Living with Alzheimer’s for Early Stage Care Partners
Registration is required. Attend all three.
October 28, November 4 and 11
11 a.m.–1 p.m. | Register
tinyurl.com/EarlyLWAFall2020

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF

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SPANISH:
Healthy Living for your Brain and Body
Thursday, October 15, 10-11:30 a.m. | Register

10 Warning Signs of Alzheimer’s
Thursday, October 22, 10-11:30 a.m. | Register

Basics of Alzheimer’s Disease
Monday, October 1, 10-11:30 a.m. | Register

Effective Communication Strategies
Tuesday, October 27, 7-8:30 p.m. | Register

Understanding and Responding to Dementia Related Behavior
Tuesday, October 20, 7-8:30 p.m. | Register

COVID-19 and Caregiving
Monday, October 12, 1-2:30 p.m. | Register

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CHINESE:
10 Warning Signs of Alzheimer’s (Chinese-Mandarin)
Thursday, October 15, 3-4:30 p.m. | Register

Basics of Alzheimer’s Disease (Chinese-Mandarin)
Thursday, October 29, 3-4:30 p.m. | Register

Understanding and Responding to Dementia Related Behavior (Chinese-Cantonese)
Wednesday, October 21, 1-2:30 p.m. | Register

COVID-19 and Caregiving (Chinese-Cantonese)
Friday, October 2, 3-4:30 p.m. | Register

Legal and Financial Planning for Alzheimer’s Disease (Chinese-Mandarin)
Tuesday, October 6, 5-7 p.m. | Register

Living with Alzheimer’s for Middle Stage Care Partners (Chinese-Mandarin)
Registration is required.
Attend all three sessions.
October 13, 20, and 27
3-5 p.m. | Register
COVID-19 and Caregiving
Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

Dementia Conversations
Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

Effective Communications Strategies
Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer’s and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

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 handson tools to help you incorporate these recommendations into a plan for healthy aging.

Legal and Financial Planning for Alzheimer’s Disease
If you or someone you know is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place.

Living with Alzheimer’s for Individuals Living with Early Stage Alzheimer’s and Other Dementias
A diagnosis of Alzheimer’s disease may be life-changing and lead to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program and hear from other individuals living with Alzheimer’s on what to expect, how to build a care team and planning for the future.

Living with Alzheimer’s for Early Stage Care Partners
In the early stage of Alzheimer’s disease, families face many new questions. What does the diagnosis mean? How do we plan for the future? What resources are available to help? Join us for this three-part series that answers these and other questions that arise in the early stage. Hear from other care partners and individuals living with Alzheimer’s and learn tips and strategies to help you support a person living with the disease.

Living with Alzheimer’s: For Middle Stage Care Partners
This 3-part series will discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer’s. Hear from those directly affected and learn what you need to know, what you need to plan and what you can do at each point along the way.

Understanding and Responding to Dementia-Related Behavior
Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

10 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 10 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.

Understanding Alzheimer’s and Dementia
Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer’s Association resources.