

## ***Alzheimer's Association Southeastern Wisconsin Local Education Programs Calendar***

**10 warning signs of alzheimer's** Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association developed the new 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. This free one hour program:

1. Explores typical age-related changes
2. Describes common signs of Alzheimer's and dementia
3. Offers tips for how to approach someone about memory concerns
4. Explains the importance of early detection and benefits of diagnosis
5. Details possible tests and assessments for the diagnostic process
6. Identifies helpful Alzheimer's Association resources

**Cost: FREE.**

**Audience: General Public**

<b>Waukesha County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Pewaukee Park & Recreation W240 N3065 Pewaukee Road Pewaukee, WI 53072	Tuesday March 19, 2019	Not Required.	1:00pm – 2:30pm
West Wood Health & Fitness 2900 Golf Road Pewaukee, WI 53072	Thursday April 18, 2019	Required. Call the ProHealth Class Registration line at 262.928.2745.	5:30pm – 7:00pm
West Wood Health & Fitness 2900 Golf Road Pewaukee, WI 53072	Thursday October 24, 2019	Required. Call the ProHealth Class Registration line at 262.928.2745.	5:30pm – 7:00pm

## dementia conversations: driving, doctor visits, legal and financial

The fear or lack of awareness that often accompanies having these conversations can result in delays that have serious consequences for the entire family. Thanks to the efforts of a chapter and national organization work group, we now have this program available. This program offers concrete suggestions for successful discussions and for creating well-functioning care teams. Participants will leave with a list of talking points and suggestions to help them have these challenging conversations.

**Cost: FREE.**

**Audience: Family Caregivers and persons with dementia**

Jefferson County	Date	Registration	Time
Cambridge Village Hall Community Room 200 Spring Street Cambridge, WI 53523	Wednesday March 13, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	2:00pm – 4:00pm
Karl Junginger Memorial Library Community Room 625 N Monroe Street Waterloo, WI 53594	Wednesday April 10, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	2:00pm – 4:00pm
Washington County	Date	Registration	Time
Germantown Community Library N112 W16957 Mequon Road Germantown, WI 53022	Thursday April 25, 2019	Required. <a href="#">Register online</a> or call Sarah Prohuska at 800.272.3900 or email <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	3:00pm – 4:30pm

**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.

**Cost: FREE.**

**Audience: Family Caregivers**

Milwaukee County	Date	Registration	Time
Alzheimer's Association 620 S 76 <sup>th</sup> St #160 Milwaukee, WI 53214	Tuesday February 12, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	1:00pm – 3:00pm
Walworth County	Date	Registration	Time
Aram Public Library 404 E Walworth Avenue Delavan, WI 53115	Monday February 25, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	2:00pm – 4:00pm
Washington County	Date	Registration	Time
Washington County Public Agency 333 E. Washington Street West Bend, WI 53095	Thursday February 21, 2019	Required. <a href="#">Register online</a> or contact Sarah Prohuska at 800.272.3900 or <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	3:00pm – 4:30pm

## healthy living for your brain and body: tips from the latest research

For centuries, we have known that the health of the body and brain are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your body and brain 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 plans into a plan for healthy aging.

**Cost: FREE.**

**Audience: General Public**

Fond du Lac County	Date	Registration	Time
Campbellsport Public Library 220 N Helena Street Campbellsport, WI 53010	Tuesday June 4, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	2:00pm – 3:00pm
Ozaukee County	Date	Registration	Time
MequonThiensville Recreation Department 11040 N Rangeline Road Mequon, WI 53092	Thursday May 9, 2019	Required. <a href="#">Register online</a> or call the Mequon Thiensville Recreation Department: Michelle at 262.238.7535 or Sarah at 262.238.7537	10:00am – 11:00am
Sheboygan County	Date	Registration	Time
Lakeview Community Library, Community Room 112 Butler Street Random Lake, WI 53075	Thursday June 27, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	5:30pm – 7:00pm
Waukesha County	Date	Registration	Time
DN Greenwald Center Mukwonago Clinic	Thursday September 26,	Required. Call the ProHealth Class	5:30pm- 7:00pm

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240 Maple Avenue Mukwonago, WI 53149	2019	Registration line at 262.928.2745.	

**legal and financial planning for alzheimer's** The diagnosis of Alzheimer's disease makes planning for the future more important than ever. In this workshop you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. Topics covered will include:

- Make legal plans that fit your needs
- Legal documents you will need and what they mean for all of you
- How to find legal and financial assistance
- Practical strategies for making a long-term plan for care
- Tax deductions and credits
- Government programs that can help pay for care

While the information in the program is an overview of important issues to consider and options to explore, it IS NOT a substitute for professional legal or financial advice.

**Cost: FREE.**

**Audience: Family Caregivers**

<b>None Scheduled at this time</b>			
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**living well with chronic conditions** The diagnosis of a cognitive condition like Mild Cognitive Impairment (MCI), Alzheimer's disease or another related dementia is life-changing and requires support and information to best manage and cope with these chronic health conditions. Join this six-week program to help you enjoy a healthier life! Learn how to maximize your potential even when a long-term health condition like cognitive impairment or dementia may require you to alter your activities. You will get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices and learn better ways to talk with your doctor and family about your health. This program will also help you cope with co-existing ongoing health problems like arthritis, asthma, diabetes, heart disease, mild depression, obesity, cancer and osteoporosis. **Cost: FREE.** There is a \$20 deposit for use of workbook. Deposit returned at the end of the workshop. Attendees may choose to keep the workbook at the end of the workshop and use the deposit as payment for the work book.

**Audience: Family Caregivers and persons with moderate Alzheimer's disease or related dementia**

Milwaukee County	Date	Registration	Time
Alzheimer's Association 620 S 76 <sup>th</sup> Street #160 Milwaukee, WI 53214	This is a seven part series that meets on Tuesdays beginning March 5, 2019.	Required. Contact Jennifer McAlister at 800.272.3900.	1:00pm – 3:30pm
Alzheimer's Association 620 S 76 <sup>th</sup> Street #160 Milwaukee, WI 53214	This is a seven part series that meets on Tuesdays beginning October 8, 2019.	Required. Contact Jennifer McAlister at 800.272.3900.	1:00pm – 3:30pm

**living with dementia – early stage** The diagnosis of Alzheimer's disease or a related form of dementia is life-changing and leads 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 where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

**Cost: FREE.**

**Audience: Family Caregivers and persons with dementia**

<b>Dodge/Jefferson County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Watertown Public Library 100 S Water Street Watertown, WI 53094	Tuesdays April 16, 2019 April 23, 2019 April 30, 2019	Required. Call Bonnie at 920.728.4088	1:00pm – 3:00pm
<b>Ozaukee County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Family Enrichment Center 885 Badger Circle Grafton, WI 53024	Tuesdays February 26 2019 March 5, 2019	Required. Call Sarah Prohuska at 800.272.3900 or email <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	10:00am – 12:00pm
<b>Sheboygan County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Sheboygan Falls Memorial Library 330 Buffalo Street Sheboygan Falls, WI 53085	Thursdays May 9, 2019 May 16, 2019 May 23, 2019	Required. Call Ginny Nyhuis at 800.272.3900 or email <a href="mailto:gnyhuis@alz.org">gnyhuis@alz.org</a>	9:30am – 11:30am



**living with moderate dementia** This three part program includes many topics for caregivers of individuals with moderate Alzheimer's disease or a related form of dementia. Topics to be covered include understanding the symptoms and care needs, understanding relationship changes, learning ways to maximize safety, preparation for emergencies and learning how to get respite care. Effective strategies will also be discussed regarding personal care and managing challenging behaviors.

**Cost: FREE.**

**Audience: Family Caregivers and persons with moderate Alzheimer's disease or related dementia**

Ozaukee County	Date	Registration	Time
Aurora Medical Center 975 Port Washington Road Grafton, WI 53024	Thursdays October 10, 2019 October 17, 2019 October 24, 2019	Required. Contact Sarah Prohuska at 800.272.3900 or <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	2:00pm – 4:00pm



**living with dementia – late stage** This two-session program offers an opportunity for caregivers to learn about the late stage of Alzheimer's disease and related dementias and offers information about providing care, communicating, developing resources, working with the care team and providing an optimal end-of-life experience.

**Cost: FREE.**

**Audience: Family Caregivers**

None Scheduled at this time			
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**the savvy caregiver** Based on research by experts in care-giving techniques, this **6-week** course provides clinical-level training for family caregivers, going beyond introductory education programs. Graduate with:

- Personal knowledge, skills and caregiving outlook
- Skills to assess abilities of your loved one with dementia
- Confidence to set and alter caregiving goals
- Strategies to manage activities of daily living
- Perspective on the course of Alzheimer's and related disorders.

**Cost: \$30 to cover cost of materials. Scholarships are available. Supervisory care may be available.**

**Please inquire when you register.**

**Audience: Family Caregivers**

Kenosha County	Date	Registration	Time
Salem Community Library 24615 89 <sup>th</sup> Street Salem, WI 53168	This program meets for six consecutive Tuesdays beginning June 11, 2019	Required. Contact Ginny Nyhuis at 800.272.3900 or <a href="mailto:gnyhuis@alz.org">gnyhuis@alz.org</a>	4:00pm – 6:00pm
Festival Foods 3207 80 <sup>th</sup> Street Kenosha, WI 53142	This program meets for six consecutive Tuesdays beginning August 27, 2019	Required. Contact Ginny Nyhuis at 800.272.3900 or <a href="mailto:gnyhuis@alz.org">gnyhuis@alz.org</a>	2:00pm – 4:00pm
Milwaukee County	Date	Registration	Time
Alzheimer's Association 620 S 76 <sup>th</sup> Street #160 Milwaukee, WI 53214	This program meets for six consecutive Fridays beginning April 5, 2019	Required. Contact Jennifer McAlister or Jennifer White at 800.272.3900	10:00am – 12:00pm
Alzheimer's Association 620 S 76 <sup>th</sup> St #160 Milwaukee, WI 53214	This program meets for six consecutive	Required. Contact Jennifer McAlister or Jennifer White	1:00pm – 3:00pm

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	Mondays beginning October 7, 2019	at 800.272.3900	
<b>Sheboygan County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Plymouth Aurora Health Center 2600 Kiley Way Plymouth, WI 53073	This program meets for six consecutive Fridays beginning March 8, 2019	Required. Contact Ginny Nyhuis at 800.272.3900 or <a href="mailto:gnyhuis@alz.org">gnyhuis@alz.org</a>	9:30am – 11:30am
<b>Waukesha County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Aurora Hospital Summit 36500 Aurora Drive Summit, WI 53066	This program meets for six consecutive Thursdays beginning February 28, 2019	Required. Call the Alzheimer's Association at 800.272.3900	4:00pm – 6:00pm

**understanding alzheimer's and dementia** This presentation will help you understand the relationship between Alzheimer's and dementia. Find out how Alzheimer's disease affects the brain, explore the risk factors and stages of the disease, learn about current research and FDA-approved treatments that address some symptoms and identify Association resources.

**Cost: FREE.**

**Audience: General Public**

<b>Milwaukee County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Germantown Community Library N112 W16957 Mequon Road Germantown, WI 53022	Wednesday February 27, 2019	Required. <a href="#">Register online</a> , call 800.272.3900 or email Sarah Prohuska at <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	3:00pm – 4:30pm
<b>Ozaukee County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Mequon Thiensville Recreation Department 11040 N. Rangeline Road Mequon, WI 53092	Thursday June 13, 2019	Required. <a href="#">Register online</a> or call the Mequon Thiensville Recreation Department: Michelle at 262.238.7535 or Sarah at 262.238.7537	10:00am – 11:00am
<b>Sheboygan County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Lakeview Community Library, Community Room 112 Butler Street Random Lake, WI 53075	Monday March 18, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	3:00pm – 4:30pm

## understanding dementia: an educational program for family caregivers

If you have a family member or friend who is experiencing memory-related issues or a recent diagnosis of Alzheimer's disease/dementia, this free presentation series is for you. Join us for this 2 or 3 session workshop and learn more about Alzheimer's disease and related dementia as well as ways we can better communicate and manage challenging behaviors.

**Cost: FREE.**

**Audience: Family Caregivers**

Milwaukee County	Date	Registration	Time
Aurora West Allis Medical Center 8901 W. Lincoln Avenue West Allis, WI 53227	Wednesdays February 13, 2019 February 20, 2019 February 27, 2019	Required. Contact Aurora at 888.863.5502 or register online at <a href="http://www.aurora.org/events">www.aurora.org/events</a>	6:00pm – 8:00pm
Froedtert Hospital – West 9200 W Wisconsin Ave Milwaukee, WI	Tuesdays March 26, 2019 April 2, 2019 April 9, 2019	Required. Contact Sue Moser at 414.805.9269 or <a href="mailto:Suzanne.moser@froedtert.com">Suzanne.moser@froedtert.com</a>	6:00pm – 8:00pm
Greendale Health Department 5650 S Parking Street Greendale, WI 53129	Thursdays May 9, 2019 May 16, 2019 May 23, 2019	Required. Call 414.423.2110 to register.	2:00pm – 4:00pm
Froedtert Hospital – West 9200 W Wisconsin Ave Milwaukee, WI	Tuesdays September 17, 2019 September 24, 2019 October 1, 2019	Required. Contact Sue Moser at 414.805.9269 or <a href="mailto:Suzanne.moser@froedtert.com">Suzanne.moser@froedtert.com</a>	6:00pm – 8:00pm
Aurora West Allis Medical Center 8901 W. Lincoln Avenue West Allis, WI 53227	Tuesdays October 8, 2019 October 15, 2019 October 22, 2019	Required. Contact Aurora at 888.863.5502 or register online at <a href="http://www.aurora.org/events">www.aurora.org/events</a>	6:00pm – 8:00pm
Waukesha County	Date	Registration	Time

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Oconomowoc Memorial Hospital 791 Summit Avenue Oconomowoc, WI 53066	Wednesdays February 27, 2019 March 6, 2019 March 13, 2019	Required. Call ProHealth's Class Enrollment Service at 262.928.2745	10:00am – 12:00pm
Oconomowoc Memorial Hospital 791 Summit Avenue Oconomowoc, WI 53066	Thursdays May 9, 2019 May 16, 2019 May 23, 2019	Required. Call ProHealth's Class Enrollment Service at 262.928.2745	4:00pm – 6:00pm
Waukesha Memorial Hospital 725 American Avenue Waukesha, WI 53188	Thursdays August 15, 2019 August 22, 2019 August 29, 2019	Required. Call ProHealth's Class Enrollment Service at 262.928.2745	4:00pm – 6:00pm
Waukesha Memorial Hospital 725 American Avenue Waukesha, WI 53188	Thursdays November 7, 2019 November 14, 2019 November 21, 2019	Required. Call ProHealth's Class Enrollment Service at 262.928.2745	6:00pm – 8:00pm

## 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 in the 2 hour presentation to learn to decode behavioral triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

**Cost: FREE.**

**Audience: Family Caregivers**

Fond du Lac County	Date	Registration	Time
Waupun Public Library 123 S Forest Street Waupun, WI 53963	Wednesday April 10, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	5:00pm – 6:00pm
Milwaukee County	Date	Registration	Time
Alzheimer's Association 620 S 76 <sup>th</sup> St #160 Milwaukee, WI 53214	Tuesday September 10, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	1:00pm – 3:00pm



## understanding medicaid, family care and spousal impoverishment as it relates to alzheimer's care

Join us for this program designed to help those affected by dementia, their care partners and family members to better understand the legal and financial issues that may impact them. At the end of this session, attendees will be able to:

1. Understand the importance of advance planning
2. Identify the steps to getting legal, financial and future care plans put in place
3. Be familiar with specific legal issues, future care options and financial issues pertaining to dementia

**Cost: FREE.**

**Audience: Family Caregivers**

Milwaukee County	Date	Registration	Time
Alzheimer's Association 620 S 76 <sup>th</sup> St #160 Milwaukee, WI 53214	Thursday April 18, 2019	<a href="#">Required online</a> or call 800.272.3900	6:00pm – 7:30pm



*If you would like to see any of these programs offered in your area please contact our office.*