

## ***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>Washington County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Germantown Community Library N112 W16957 Mequon Road Germantown, WI 53022	Tuesday July 30, 2019	Required. <a href="#">Register online</a> , call 800.272.3900 or email <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	3:00pm – 4:30pm
<b>Waukesha County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
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**

Dodge County	Date	Registration	Time
The Watermark 209 S. Center Street Beaver Dam, WI 53916	Tuesday October 15, 2019	Required. <a href="#">Register online</a> , call 800.272.3900 or email Alyssa at <a href="mailto:alsommerfeldt@alz.org">alsommerfeldt@alz.org</a>	12:00pm – 1:00pm
Fond Du Lac County	Date	Registration	
Campbellsport Public Library 220 N. Helena Street Campbellsport, WI 53010	Tuesday November 5, 2019	Required. <a href="#">Register online</a> , call 800.272.3900 or email Alyssa at <a href="mailto:alsommerfeldt@alz.org">alsommerfeldt@alz.org</a>	
Sheboygan County	Date	Registration	Time
Mead Public Library 710 N 8 <sup>th</sup> Street Sheboygan, WI 53081	Monday June 3, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	5:30pm – 7:00pm

**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**

<b>Fond du Lac County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Fond du Lac Public Library 32 Sheboygan Street Lower Level Seefeld Room Fond du Lac, WI 54935	Wednesday May 22, 2019	Required. <a href="#">Register online</a> , call 800.272.3900 or email <a href="mailto:alsommerfeldt@alz.org">alsommerfeldt@alz.org</a>	2:00pm – 3:00pm
<b>Jefferson County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Jefferson Public Library 321 S Main Street Jefferson, WI 53549	Wednesday July 10, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	9:30am – 11:30am
<b>Kenosha County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Parkside Baptist Church 2620 14 <sup>th</sup> Place Kenosha, WI 53140	Thursday June 27, 2019	Required. Call the ADRC at 262.605.6646	11:30am – 1:00pm
Westosha Senior Community Center 19200 93 <sup>rd</sup> Street Bristol, WI 53104	Thursday July 25, 2019	Required. Call the ADRC at 262.605.6646	11:30am – 1:00pm
<b>Ozaukee County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
USS Liberty Memorial Public Library 1620 11 <sup>th</sup> Avenue	Tuesday July 16, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	4:00pm – 6:00pm

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Grafton, WI 53024			
<b>Racine County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Yorkville United Methodist Church 17645 Old Yorkville Road Union Grove, WI 53182	Wednesday June 19, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	6:00pm – 7:30pm
<b>Sheboygan County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Mead Public Library Rocca Room 710 N 8 <sup>th</sup> Street Sheboygan, WI 53081	Wednesday May 29, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	10:00am – 12:00pm

## 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**

Dodge County	Date	Registration	Time
The Watermark 209 S Center Street Beaver Dam, WI 53916	Monday June 10, 2019	Required. <a href="#">Register online</a> , call 800.272.3900 or email <a href="mailto:alsommerfeldt@alz.org">alsommerfeldt@alz.org</a>	12:00pm – 1:00pm
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
Jefferson County	Date	Registration	Time
Fort Memorial Hospital 611 Sherman Ave East Fort Atkinson, WI 53538	Tuesday June 18, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	3:00pm – 5:00pm
Kenosha County	Date	Registration	Time
Kenosha County Center 19600 75 <sup>th</sup> Street Bristol, WI 53104	Wednesday October 2, 2019	Required. Call the Aging & Disability Resource Cent	9:00am – 10:00am
Kenosha Job Center Entrance A 8600 Sheridan Road Kenosha, WI 53143	Thursday November 7, 2019	Required. Call the Aging & Disability Resource Center at 262.605.6646	9:00am – 10:00am
Ozaukee County	Date	Registration	Time

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Oscar Grady Public Library 151 S Main Street Saukville, WI 53080	Thursday June 6, 2019	Required. <a href="#">Register online</a> , or contact Sarah at 800.272.3900 or <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	6:00pm – 7:00pm
<b>Racine County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Marian Housing Center 4105 Spring Street Mount Pleasant, WI 53405	Thursday July 25, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	11:00am – 12:30pm
<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	Thursday June 27, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	5:30pm – 7:00pm
UW – Green Bay Sheboygan Campus 1 University Drive Sheboygan, WI 53081	Wednesday November 13, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	10:00am – 12:00pm
<b>Walworth County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Walworth Memorial Library Community Room 525 Kenosha St Walworth, WI 53184	Wednesday June 12, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	2:30pm – 4:30pm
<b>Waukesha County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
DN Greenwald Center Mukwonago Clinic 240 Maple Avenue Mukwonago, WI 53149	Thursday September 26, 2019	Required. Call the ProHealth Class Registration line at 262.928.2745.	5:30pm – 7:00pm

**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 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**

Walworth County	Date	Registration	Time
Aurora Health Center 146 Geneva Square Lake Geneva, WI 53147	Mondays June 10, 2019 June 17, 2019 June 24, 2019	Required. Contact Bonnie at 920.728.4088	3:00pm – 5:00pm

**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**

Jefferson County	Date	Registration	Time
Dwight Foster Public Library 209 Merchants Avenue Fort Atkinson, WI 53538	Fridays August 2, 2019 August 9, 2019 August 16, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	3:00pm – 5:00pm
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
Walworth County	Date	Registration	Time
Village of East Troy Municipal Building 2015 Energy Drive East Troy, WI 53120	Mondays July 15, 2019 July 22, 2019 July 29, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	2:30pm – 4:30pm



**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**

Fond du lac/Dodge County	Date	Registration	Time
Waupun Public Library 123 S Forest Street Waupun, WI 53963	This program meets for six consecutive Mondays beginning July 22, 2019	Required. Contact Alyssa Sommerfeldt at 800.272.3900 or <a href="mailto:alsommerfeldt@alz.org">alsommerfeldt@alz.org</a>	9:30am – 11:30am
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> St #160 Milwaukee, WI 53214	This program meets for six consecutive Mondays	Required. Contact Jennifer McAlister or Jennifer White at 800.272.3900	1:00pm – 3:00pm

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	beginning October 7, 2019		
<b>Sheboygan County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Aurora Sheboygan Memorial Medical Center 2629 N 7 <sup>th</sup> Street Sheboygan, WI 53083	This programs 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>	1:00pm – 3:00pm
<b>Walworth County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Starin Senior Center 504 W Starin Road Whitewater, WI 53190	This program meets for six consecutive Mondays beginning September 9, 2019	Required. Call the Alzheimer's Association at 800.272.3900	2:00pm – 3:00pm

**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>Dodge County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Horicon Public Library 404 E Lake Street Horicon, WI 53032	Thursday May 23, 2019	Required. <a href="#">Register online</a> , call 920.485.3535 or email <a href="mailto:kkirschner@monarclibraries.org">kkirschner@monarclibraries.org</a>	6:00pm – 7:45pm
<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>Racine County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Yorkville United Methodist Church 17645 Old Yorkville Road Union Grove, WI 53182	Wednesday June 5, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	6:00pm – 7:30pm
Yorkville United Methodist Church 17645 Old Yorkville Road Union Grove, WI 53182	Wednesday June 12, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	6:00pm – 7:30pm

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Sheboygan County	Date	Registration	Time
UW- Green Bay Sheboygan Campus 1 University Drive Sheboygan, WI 53081	Tuesday October 8, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	10:00am – 12:00pm



## 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
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
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**

<b>Fond du Lac County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Aging & Disability Resource Center Lower Level, Room A 50 N Portland Street Fond du Lac, WI 54935	Tuesday July 16, 2019	Required. <a href="#">Register online</a> , call 800.272.3900 or email <a href="mailto:alsommerfeldt@alz.org">alsommerfeldt@alz.org</a>	2:00pm – 3:00pm
<b>Jefferson County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
LD Fargo Public Library Upstairs Meeting Hall 120 E Madison St Lake Mills, WI 53551	Wednesday September 25, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	1:00pm – 3:00pm
<b>Milwaukee County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
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
<b>Racine Country</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Yorkville United Methodist Church 17645 Old Yorkville Road Union Grove, WI 53182	Wednesday June 12, 2019	Required. Register online or call 800.272.3900	6:00pm – 7:30pm
<b>Walworth County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Town Bank Delavan Community Center	Monday August 5, 2019	Required. <a href="#">Register online</a> or call 800.272.3900	9:00pm – 11:00pm

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824 Geneva Street Delavan, WI 53115			
<b>Washington County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Germantown Community Library N112 W16957 Mequon Road Germantown, WI 53022	Wednesday August 28, 2019	Required. Call 800.272.3900 or email <a href="mailto:sprohuska@alz.org">sprohuska@alz.org</a>	3:00pm – 5:00pm

## warning signs of alzheimer's disease and prevention strategies

For centuries we have known that the health of the brain and the body are connected. Now science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn the differences between normal aging and alzheimer's disease as well as prevention techniques supported by current medical research.

<b>None Scheduled at this Time</b>			
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*If you would like to see any of these programs offered in your area please contact our office.*