



During the current crisis, the Alzheimer's Association continues to offer care and support services through our 24/7 Helpline 1-800-272-3900. **Three ways you can connect with our Helpline:**

1. **Call us.** We are available around the clock, 365 days a year at 800.272.3900 (TTY: 866.403.3073).
2. **Chat with us.** Click the ["Live Chat" green button](#) on the alz.org page to connect with a member of our Helpline staff. Live chat is typically available from 7a.m.-7p.m. (CST) Monday through Friday.
3. **Online.** [Use this form](#) to let us know how we can help you. We will respond to you within 24 hours.

We are available through virtual and phone meetings to help address dementia care questions and concerns. [Visit alz.org/COVID19](http://alz.org/COVID19) to learn how caregivers and persons living with dementia can stay healthy.

You may also follow the Chapter's Facebook Page <https://www.facebook.com/alztex/> for the most current updates. Specialized Facebook groups are available - Spanish Facebook Group Early Stage Dementia Facebook Group.

Support Groups

Alzheimer's Association® caregiver support groups are conducted by trained facilitators and are a safe place for caregivers, family, and friends of persons with dementia to build community. We have many local VIRTUAL support groups, please call (800) 272-3900 to get more information to connect with a group.

[ALZCONNECTED](#) : Our online community to connect with other individuals. You can share questions, experiences and practical tips via message boards or create private groups organized around specific topics. Below is a list of free virtual education programs available **April 6 th to May 2nd** . Participants should register either through the [Community Resource Finder](#) by entering either the program name or their zip code in the search or by clicking the links below . We hope you will share these opportunities throughout your community.

Weekly Calendar

Education programs

April 6th - April 11th

- **Mon, 4/6/20 at 10:00 AM** [Effective Communication Strategies](#): Explore how communication changes when someone is living with dementia and identify strategies to help you connect and communicate .
- **Tue, 4/7/20 at 4:00 PM** [Legal and Financial Planning for Alzheimer's Disease Pt 1](#) Legal and Financial Planning for Alzheimer's Disease is an interactive two-part program where 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. Part 2- 4/9/2020
- **Wed, 4/8/20 at 10:00 AM** [Understanding and Responding to Dementia-Related Behavior](#) Learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.
- **Thu, 4/9/20 at 4:00 PM** : [Legal and Financial Planning for Alzheimer's Disease Part 2](#) Legal and Financial Planning for Alzheimer's Disease is an interactive two-part program where 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.
- **Sat, 4/11/20 at 1:00 PM** [Healthy Living for Your Brain and Body: Tips from the Latest Research](#) 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.

April 13th - April 18th

- **Mon, 4/13/20 at 10:00 AM** [Understanding Alzheimer's & Dementia](#) Learn about the impact of Alzheimer's. The difference between Alzheimer's and dementia. Alzheimer's disease stages and risk factors.
- **Tue, 4/14/20 at 4:00 PM** [Healthy Living for Your Brain and Body: Tips from the Latest Research](#) 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.
- **Wed, 4/15/20 at 1 pm** [Know the 10 Signs](#) Learn about 10 common warning signs and what to watch for in yourself and others.
- **Thu 4/16/20 10 am** [Understanding and Responding to Dementia Related Behavior:](#) Learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.
- **Thu, 4/16/20 at 4:00 PM** [Dementia Conversations Driving, Doctor Visits, Legal & Financial Planning](#)

April 27th - May 2nd

- **Mon, 4/27/20 at 10:00 AM** [Understanding Alzheimer's & Dementia](#)
- **Tue, 4/28/20 at 4:00 PM** [Effective Communication Strategies](#) -Explore how communication changes when someone is living with dementia and identify strategies to help you connect and communicate .
- **Wed, 4/29/20 at 10:00 AM** [10 Warning Signs of Alzheimer's](#)-Learn about 10 common warning signs and what to watch for in yourself and others.
- **Thu, 4/30/20 at 4:00 PM** [Understanding and Responding to Dementia-Related Behavior](#)-Learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

Other Resources for Caregivers

Coffee with Consultants, an interactive conversation with Alzheimer's Association care consultants and other caregivers. Tuesdays and Thursday at 3pm.

