

## MAY 2022

### Interactive Programs & Services Calendar

### ONLINE RESOURCES

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> Alzheimer's isn't stopping. Neither are we. Register today for the 2022 Walk to End Alzheimer's <a href="http://alz.org/walk">alz.org/walk</a>	<b>2</b>	<b>3</b> <a href="#">Healthy Living for Your Brain &amp; Body</a> 1:00 PM CT	<b>4</b> <a href="#">VA Caregiver Support Understanding Alzheimer's &amp; Dementia</a> 12:00 PM CT	<b>5</b>	<b>6</b>	<b>7</b> <a href="#">Understanding Alzheimer's &amp; Dementia</a> 10:00 AM CT
<b>8</b> To schedule your own program, contact us <a href="http://bit.ly/CapTXCS">bit.ly/CapTXCS</a>	<b>9</b>	<b>10</b> <a href="#">10 Warning Signs of Alzheimer's</a> 1:00 PM CT	<b>11</b> <a href="#">VA Caregiver Support 10 Warning Signs of Alzheimer's</a> 1:00 PM CT <a href="#">LGBTQIA2+ Elder Task Force Effective Communication</a> 6:00 PM CT	<b>12</b> <a href="#">Virtual Support Group</a> 11:00 AM CT St. James Baptist Church <a href="#">Healthy Living for Your Brain &amp; Body</a> 6:30 PM CT	<b>13</b>	<b>14</b> <a href="#">Dementia Conversations</a> 10:00 AM CT
<b>15</b>  <a href="#">Sign up for The Longest Day</a> The day with the most light is the day we fight!	<b>16</b>	<b>17</b> <a href="#">Understanding Alzheimer's &amp; Dementia</a> 1:00 PM CT <a href="#">Healthy Living for Your Brain &amp; Body</a> 12:00 PM CT	<b>18</b> <a href="#">VA Caregiver Support Healthy Living for Your Brain &amp; Body</a> 12:00 PM CT	<b>19</b>	<b>20</b>	<b>21</b> <a href="#">Effective Communication Strategies</a> 10:00 AM CT
<b>22</b> Urge Congress to Increase Research Funding <a href="http://alz.org/advocate">alz.org/advocate</a>	<b>23</b>	<b>24</b> <a href="#">Dementia Conversations</a> 1:00 PM CT	<b>25</b> <a href="#">Building Resilience Professional Conference</a> 9:00 AM CT <a href="#">VA Caregiver Support Effective Communication</a> 12:00 PM CT <a href="#">LGBTQIA2+ Elder Task Force Responding to Dementia</a> 6:00 PM CT	<b>26</b>	<b>27</b>	<b>28</b> <a href="#">Understanding &amp; Responding to Dementia-Related Behavior</a> 10:00 AM CT <a href="#">10 Señales de Advertencia de la Enfermedad de Alzheimer</a> 12:00 PM CT
<b>29</b>	<b>30</b>	<b>31</b>	Click to register for our virtual programs or call 800.272.3900. <a href="http://bit.ly/alzcaptxedu">bit.ly/alzcaptxedu</a>			

#### **ALZConnected®**

This online community connects you with other individuals living with early-stage Alzheimer's. Share questions, experiences and practical tips via message boards or create private groups organized around specific topics.

#### **Alzheimer's Navigator®**

An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions.

#### **Online Education Center**

Take free workshops about Alzheimer's disease, caregiving, healthy living and planning for the future.

#### **Live Well Online Resources**

A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease.

### **About Alzheimer's disease**

**10 Warning Signs of Alzheimer's** — Learn the 10 Warning Signs of Alzheimer's disease, hear from people who have the disease and find out how to recognize the signs in yourself and others.

**Understanding Alzheimer's and Dementia** — Learn about the difference between Alzheimer's and dementia, stages, risk factors and more.

**Healthy Living for Your Brain and Body: Tips from the Latest Research** — Join us to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

### **Programs for Caregivers**

**Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning** — Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

**Effective Communication Strategies** — 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.

**Legal and Financial Planning for Alzheimer's Disease** — The diagnosis of Alzheimer's makes planning for the future more important than ever. Through this interactive two-part program, you will learn about important legal and financial issues, how to put plans in place and how to access resources near you.

**Understanding and Responding to Dementia-Related Behavior** — Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs and how to intervene effectively in this educational training program for non-professional caregivers.

**Living with Alzheimer's: For Caregivers — Early Stage** — In the early stage of Alzheimer's disease, families face new questions as they adjust. This three-part program provides practical answers to the questions that arise in the early stage.

**Living with Alzheimer's: For Caregivers — Middle Stage** — In the middle stage of Alzheimer's disease, care partners now become hands-on caregivers. During this three-part series, you will hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care.

**Living with Alzheimer's: For Caregivers — Late Stage** — In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this two-part series, you'll hear from caregivers and professionals about resources, monitoring care and ways to engage in meaningful connections.

### **Programs for People Living with Alzheimer's**

**Living with Alzheimer's: For People with Alzheimer's** — For individuals living with Alzheimer's: The diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are and will learn what you need to know to navigate this chapter of your life.

**Living with Alzheimer's: For Younger-Onset Alzheimer's** — For individuals living with younger-onset Alzheimer's: This program offers answers to questions about younger-onset (also known as early-onset) Alzheimer's disease. Hear from those directly affected and learn how to ease the impact throughout the course of the disease.