KNOW THE 10 SIGNS: EARLY DETECTION MATTERS
This program will help you understand the difference between age-related memory loss and Alzheimer's and what to do if you or someone you know has signs of the disease.
Dates: June 19th.

NEW UNDERSTANDING ALZHEIMER’S AND DEMENTIA
If you or someone you know is affected by Alzheimer’s disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, treatment and stages of the disease.
Date: July 17th.

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.
Date: August 21st.

DEMENTIA CONVERSATIONS: DRIVING, DOCTOR VISITS, LEGAL & FINANCIAL PLANNING
This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.
Date: September 18th.

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.
Date: October 16th.

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.
Date: November 20th.

SAVE THE DATE!

PROGRAMS OPEN TO THE GENERAL PUBLIC
RSVP BY CALLING 1.800.272.3900 (Registration is required)

Educational programs are brought to you by a collaboration of the Alzheimer’s Association and Hickory Place Assisted Living