

# Join Us for FREE

## FAMILY CAREGIVER VIRTUAL LEARNING

alzheimer's  association®

Wisconsin Chapter



### 10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

**Friday, February 11, 5:00-6:00 pm | [REGISTER](#)**    **Thursday, February 24, 5:30-6:30 pm | [REGISTER](#)**  
**Monday, February 18, 11:30 am - 12:30 pm | [REGISTER](#)**

### Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. 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.

**Thursday, February 10, 12:00-1:00 pm | [REGISTER](#)**

### 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.

**Saturday, February 12, 10:00-11:00 am | [REGISTER](#)**    **Thursday, February 24, 3:30-4:30 pm | [REGISTER](#)**

### Healthy Living for Your Brain & Body: Tips from the Latest Research

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

**Wednesday, February 23, 3:00-4:00 pm | [REGISTER](#)**

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Register by following the links or call 800.272.3900. **You will receive connection information after registering.**

**See our on demand learning opportunities: [training.alz.org](https://training.alz.org)    800.272.3900**

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### Heart Health “Connecting the Heart with our Mind”

Your heart pumps blood through vessels to every part of your body, including your brain. By keeping your heart healthy, you also lower your risk for brain problems such as dementia and stroke. Join guest speakers Angela Kjellberg and Denise McNeely with Aveanna Healthcare as they share insight, professional and personal experiences when it comes to heart health. This session will be followed by a 30-minute Healthy Living for Your Brain & Body: Tips from Research.

**Thursday, February 17, 11:00 am - 12:30 pm | [REGISTER](#)**

### 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 seven-week program to help you continue living your best 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'll 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. Seven consecutive Fridays, beginning February 4, 9:30 am - 12:00 pm.

To register call Jennifer McAlister at 800.272.3900; or [jmcAlister@alz.org](mailto:jmcAlister@alz.org).

### Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

**Wednesday, February 2, 9:00-10:00 am | [REGISTER](#)**

**Wednesday, February 23, 1:00-2:30 pm | [REGISTER](#)**

### Understanding & 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 to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

**Wednesday, February 2, 11:00 am - 12:00 pm | [REGISTER](#)**

**Monday, February 28, 2:00-3:00 pm | [REGISTER](#)**

Register by following the links or call 800.272.3900. **You will receive connection information after registering**

**See our on demand learning opportunities: [training.alz.org](https://training.alz.org) 800.272.3900**