

## Wisconsin Webinar/Phone Family Caregiver Education Programs – Sept.



### **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.

**Monday, September 15, 2:00-3:00 pm | [REGISTER](#)**

### **Culture and Equity in Dementia Care: Learning from Wisconsin's Black Community**

Hear from Gina Green-Harris, the Director of the Wisconsin Alzheimer's Institute Regional Milwaukee Office, as well as Director of the UW School of Medicine and Public Health Center for Community Engagement and Health Partnerships (CCEAHP) in Milwaukee, and Director of the All of Us Research program in Milwaukee, and Director of the Lifecourse Initiative for Healthy Families (LIHF). Ms. Green-Harris has expertise in the areas of health equity, diversity and inclusion, cultural competency, leadership development, and research.

**Wednesday, September 8, 1:00-2:00 pm | [REGISTER](#)**

### **Culture and Equity in Dementia Care: Learning from Wisconsin's Tribal Community**

Hear from two of Wisconsin's Tribal leaders about how culture and equity affects those living with dementia in Wisconsin. This program will be delivered by Elaina Seep, Founder and CEO of Aniwahya Consulting Services, and Mary Wolf, Director of the Tribal Aging and Disability Services at GLITC, Inc. (Great Lakes Inter-Tribal Council).

**Monday, September 13, 1:00-2:00 pm | [REGISTER](#)**

### **Dementia and Culture in the Latino Community**

Hear from Al Castro, Program Director at the United Community Center, MS, CSW. Mr Castro manages the Health Research Department at the UCC and the Latino Geriatric Center Memory Clinic. The Latino Geriatric Center provides cognitive assessments in Spanish, along with caregiver support and educational information about dementia. Together we will discuss the impact of dementia and culture in the Latino community in Wisconsin. This program will be delivered in English. The same program will be delivered in Spanish on September 21 at 6 pm.

**Tuesday, September 28, 6:00-7:00 pm | [REGISTER](#)**

### **La enfermedad de Alzheimer y los Latinos**

Al Castro hablará sobre el impacto de la enfermedad de Alzheimer y otras enfermedades neurológicas en la comunidad Hispana. Al Castro, MS, CSW, es el Director del Departamento de Investigación Académica sobre la Salud en el Centro de la Comunidad Unida. El Centro de la Comunidad Unida en Milwaukee maneja la Clínica Geriátrica Latina la cual ofrece asesoramientos cognitivos en Español al igual que apoyo y talleres de educación para las familias afectadas por la enfermedad de Alzheimer. Este presentación será ofrecida en Inglés el 28 de Septiembre a las 6:00 PM.

**Martes, September 21, 6:00-7:00 pm | [REGISTRESE](#)**

### **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, September 30, 10:00-11:00 am | [REGISTER](#)**

**Register for any of our virtual education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).  
You will receive connection information after you register.**

**Additional education programs are being held in person.  
To learn about in person opportunities in your area call our 24/7 Helpline at 800.272.3900.**

## Wisconsin Webinar/Phone Family Caregiver Education Programs – Sept.



### **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.

**Monday, September 20, 11:00 am – 12:00 pm | [REGISTER](#)**

**Wednesday, September 29, 3:00-4:00 pm | [REGISTER](#)**

### **Healthy Living for Your Brain & Body**

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.

**Friday, September 10, 5:00-6:00 pm | [REGISTER](#)**

### **Healthy Living with Mild Cognitive Impairment: Exercise Your Way to Better Brain Health**

Max Gaitan and Sarah Lose, exercise physiologists at UW-Madison, will present the benefits of physical activity in healthy brain aging. They will discuss physical activity's role in cognition and brain changes, suggest various ways to get moving, and lead a short movement activity.

**Friday, September 17, 9:30-11:30 am | [REGISTER](#)**

### **Making Legal Plans With Alzheimer's Disease: Presented by Justin Randall, Attorney at Law**

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia. Topics covered will include: Making legal plans that fit your needs; Legal documents you'll need and what they mean for all of you; How to find legal and financial assistance; Practical strategies for making a long-term plan of care; Tax deductions and credits; and Government programs that can help pay for care.

**Wednesday, September 22, 1:00-2:30 pm | [REGISTER](#)**

### **Understanding Alzheimer's & 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, September 8, 3:00-4:00 pm | [REGISTER](#)**

**Saturday, September 18, 9:30-10:30 am | [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.

**Tuesday, September 14, 12:00-12:35 pm | [REGISTER](#)**

**Wednesday, September 15, 6:00-7:00 pm | [REGISTER](#)**

**Register for any of our virtual education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).  
You will receive connection information after you register.**

**Additional education programs are being held in person.  
To learn about in person opportunities in your area call our 24/7 Helpline at 800.272.3900.**