

# alzheimer's association™

## Virtual Education Programs

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# SEPTEMBER 2020

		<b>1</b>	<b>2</b>	<b>3</b> 12:00 p.m. Understanding Alzheimer's and Related Dementia	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> 6:00 p.m. Effective Communication Strategies	<b>9</b> 12:00 p.m. Living with Alzheimer's for Middle Stage Caregivers: Part One	<b>10</b> 10:00 a.m. Introduction to Alzheimer's	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> 2:00 p.m. Understanding and Responding to Dementia-related Behavior	<b>16</b> 12:00 p.m. 10 Warning Signs 1:00 p.m. Healthy Living for Your Brain and Body	<b>17</b> 1:00 p.m. Legal and Financial Issues	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> 10:00 a.m. Understanding Alzheimer's and Related Dementia	<b>22</b>	<b>23</b> 12:00 p.m. Living with Alzheimer's for Middle Stage Caregivers: Part Two 1:00 p.m. Effective Communication Strategies	<b>24</b> 2:00 p.m. Healthy Living for the Brain & Body	<b>25</b> 2:00 p.m. COVID Caregiving	<b>26</b>
<b>27</b>	<b>28</b> 2:00 p.m. Dementia Conversations	<b>29</b> 12:00 p.m. Understanding and Responding to Dementia-related Behavior	<b>30</b> 3:00 p.m. Legal and Financial Issues	 <p><b>KANSAS Education Conference on Dementia</b> alzheimer's association™</p> <p><b>SAVE the DATE OCTOBER 29</b> The conference will be virtual, so you can join us from wherever you are! <a href="https://www.alz.org/cwkansas">Learn more at alz.org/cwkansas</a></p>		

**10 Warning Signs:** 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.

– Wednesday, September 16 • 12pm – 1pm

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**COVID Caregiving:** Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

– Friday, September 25 • 2pm – 3pm

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**Dementia Conversations:** Get 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 plans for future care.

– Monday, September 28 • 2pm – 3pm

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**Effective Communication Strategies:** Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages and identify strategies to help you connect and communicate at each stage of the disease.

– Tuesday, September 8 • 6pm – 7pm

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– Wednesday, September 23 • 1pm – 2pm

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**Healthy Living for Your Brain and Body:** Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to create a plan for healthy aging.

– Wednesday, September 16 • 1pm – 2pm

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– Thursday, September 24 • 2pm – 3pm

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**Introduction to Alzheimer's:** Hear a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

– Thursday, September 10 • 10am – 11am

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**Legal and Financial Planning:** Learn about making legal plans, legal documents you'll need if facing an Alzheimer's diagnosis and what they mean for you; how to find legal and financial assistance; practical strategies for making a long-term care plan; tax deductions and credits; and government programs that can help pay for care.

– Thursday, September 17 • 1pm – 2pm

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– Wednesday, September 30 • 3pm – 4pm

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**Series: Living with Alzheimer's for Middle Stage Caregivers:** In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 2-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

– **PART ONE** Wednesday, September 9 • 12pm – 1pm

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– **PART TWO** Wednesday, September 23 • 12pm – 1pm

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**Understanding Alzheimer's and Related Dementia:** Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to create a plan for healthy aging.

– Thursday, September 3 • 12pm – 1pm

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– Monday, September 21 • 10am – 11am

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**Understanding and Responding to Dementia-related Behavior:** 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 15 • 2pm – 3pm

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– Tuesday, September 29 • 12pm – 1pm

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