

VIRTUAL EDUCATION CALENDAR

ROCKY MOUNTAIN REGION—Colorado, Montana, New Mexico, Utah & Wyoming

MAY 2020

Registration is required for all classes.

Register at the links below or call the 24/7 helpline at 800.272.3900.

10 WARNING SIGNS OF ALZHEIMER'S

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

Monday, May 4	11:00 – 12:30pm MT	Register here: https://bit.ly/10SIGN_may_4
Monday, May 4	2:00 – 3:00pm MT	Register here: https://bit.ly/10SIGN2_may_4
Monday, May 4	1:00 – 2:30pm MT (taught in Spanish)	Las 10 Señales de Advertencia Register here: https://bit.ly/10SIGNS_may_4
Tuesday, May 19	7:00 – 8:00pm MT	Register here: https://bit.ly/10SIGN_may_19
Thursday, May 21	4:00 – 5:00pm MT	Register here: https://bit.ly/10SIGN_may_21
Wednesday, May 27	10:00 – 11:30am MT	Register here: https://bit.ly/10SIGN_may_27

ADVANCING THE SCIENCE:

ALZHEIMER'S AND DEMENTIA RESEARCH

An overview of Alzheimer's disease science and the latest advances in research to find a prevention, treatment and cure.

Thursday, May 13	12:00 – 1:00pm MT	Register here: https://bit.ly/RES_may_13
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UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research and treatments to address some symptoms, and Alzheimer's Association resources.

Friday, May 1	9:00 – 10:30am MT	Register here: https://bit.ly/UAD_may_1
Saturday, May 9	10:00 – 11:30am MT	Register here: https://bit.ly/UAD_may_9
Monday, May 11	11:00 – 12:30pm MT	Register here: https://bit.ly/UAD_may_11
Monday, May 11	1:00 – 2:30pm MT (taught in Spanish)	Lo Basico Register here: https://bit.ly/UADS_may_11
Tuesday, May 12	4:00 – 5:00pm MT	Register here: https://bit.ly/UAD_may_12
Thursday, May 14	4:00 – 5:00pm MT	Register here: https://bit.ly/UAD_may_14
Friday, May 29	1:00 – 2:30pm MT	Register here: https://bit.ly/UAD_may_29

DEMENTIA CONVERSATIONS

This workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans.

Monday, May 11	2:00 – 3:00pm MT	Register here: https://bit.ly/DC_may_11
Thursday, May 14	2:00 – 3:00pm MT	Register here: https://bit.ly/DC_may_14

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EFFECTIVE COMMUNICATION STRATEGIES

This workshop teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle, and late stage dementia.

Tuesday, May 5	1:00 – 2:00pm MT	Register here: https://bit.ly/EC_may_5
Friday, May 8	12:00 – 1:00pm MT	Register here: https://bit.ly/EC_may_8
Friday, May 15	10:00 – 11:30am MT	Register here: https://bit.ly/EC_may_15
Monday, May 18	11:00 – 12:30pm MT	Register here: https://bit.ly/EC_may_18
Thursday, May 28	4:00 – 5:00pm MT	Register here: https://bit.ly/EC_may_28

UNDERSTANDING AND 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.

Sunday, May 17	1:30 – 3:00pm MT	Register here: https://bit.ly/BEH_MAY_17
Saturday, May 30	1:00 – 2:30pm MT	Register here: https://bit.ly/BEH_may_30

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HEALTHY LIVING FOR YOUR BRAIN AND 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 optimize our physical and cognitive health as we 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.

Thursday, May 7	4:00 – 5:00pm MT	Register here: https://bit.ly/HL_may_7
Tuesday, May 12	12:00 – 1:00pm MT	Register here: https://bit.ly/HL_may_12
Monday, May 18	2:00 – 3:00pm MT	Register here: https://bit.ly/HL_may_18
Friday, May 22	11:00 – 12:30pm MT	Register here: https://bit.ly/HL_may_22
Tuesday, May 26	3:00 – 4:30pm MT	Register here: https://bit.ly/HL_may_26

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 and hear caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care in the middle stage of Alzheimer's disease. This is a three-part series.

Part 2: Wednesday, May 6	7:00 – 8:30pm MT	Register here: https://bit.ly/LWMS2_may_6
Part 3: Wednesday, May 13	7:00 – 8:30pm MT	Register here: https://bit.ly/LWMS3_may_13

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LIVING WITH ALZHEIMER'S: FOR LATE-STAGE CAREGIVERS

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 2-part series, you'll hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families

Part 1: Wednesday, May 20	7:00 – 8:30pm MT	Register here: https://bit.ly/LWLS1_may_20
Part 2: Wednesday, May 27	7:00 – 8:30pm MT	Register here: https://bit.ly/LWLS2_may_27

LEGAL AND FINANCIAL PLANNING FOR ALZHEIMER'S

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer's Disease is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

Monday, May 18	4:00 – 6:00pm MT	Register here: https://bit.ly/LF_may_18
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