# **FEBRUARY 2023**

### **National Heart Month**

### THE NEBRASKA CHAPTER INVITES YOU TO OUR VIRTUAL PROGRAMMING:

Healthy Living for Brain When: FEB. 8th 11-12pm CST and Body Register <u>HERE!</u>

Join us to learn about the latest research into how to make lifestyle choices that may help keep your brain and body healthy as you age

BBB

**FEATURE SERIES** 



#### **3-PART WEBINAR SERIES**

**PART 1**: 10 Warning Signs of Dementia

PART 2: 10 Red Flags of Fraud

> PART 3: Available Tools and Resources

#### REGISTER TODAY! (bit.ly/3FLq7on)

CERTIFICATE AWARDED UPON COMPLETION OF SERIES If you have questions, please email: nebraskainfo@alz.org

**Ouestions?** 

ALZHEIMER'S ASSOCIATION

Feb. 2, 9, and 16th From 12pm-1pm

**REGISTER HERE** 

Earn a certificate & FREE education material and resources by registering & attending the series

## RALZHEIMER'S

Nebraska Chapter

Please contact the Alzheimer's Association Nebraska Chapter at: nebraskainfo@alz.org or 402.502.4300

Join us for

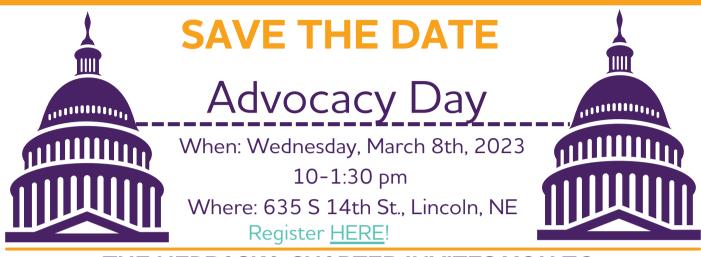
Early Stage Support

Navigating A Dementia Diagnosis

Learn more <u>HERE</u>!

Interested in hosting a FREE interactive learning and growth opportunity for your church, community organization or work place? Click <u>HERE</u>

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### THE NEBRASKA CHAPTER INVITES YOU TO:

Become an Alzheimer's Association Volunteer and help in the fight to end Alzheimer's and all other dementia!

Volunteer Orientation - February 15th in Omaha

12:00 - 1:00 pm CST \*Community Educator Volunteer Training: 1:00 - 2:00 pm CST Learn More <u>HERE</u>



Can't make this one? The next one is Saturday, March 25th at 9:00 am



Questions? Please contact the Alzheimer's Association Nebraska Chapter at: nebraskainfo@alz.org or 402.502.4300

## 1.800.272.3900

The 24/7 Helpline is available day or night by trained dementia specialists, and offers support, information, referrals, and care consultations.



Nebraska Chapter

# **FEBRUARY 2023**

### **Additional Resources**



Find Clinical Trials For Alzheimer's and Other Dementia

### Online Education Center- On-Demand Learning on YOUR Time!



#### **10 Warning Signs of Alzheimer's**

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others. Free

ADD TO CART

GENERAL INFORMATION

### Caregiver Support Groups

Alzheimer's Caregiver Support Group



Build a support system with people who understand in a safe and supportive environment.

### **ALZConnected**

ALZConnected® (alzconnected.org), powered by the Alzheimer's Association®, is a free online community for everyone affected by Alzheimer's or another dementia, including:

- People with the disease.
- Caregivers.
- · Family members.
- Friends.
- Individuals who have lost someone to Alzheimer's.



When facing Alzheimer's disease, there are a lot of things to consider. Alzheimer's Navigator helps guide Caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

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### 800.272.3900 | alz.org°