

FEBRUARY 2023

National Heart Month

THE NEBRASKA CHAPTER INVITES YOU TO OUR
VIRTUAL PROGRAMMING:
Healthy Living for Brain and Body When: FEB. 8th 11-12pm CST
Register [HERE!](#)

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

FEATURE SERIES

The
more
you
know
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

ALZHEIMER'S
ASSOCIATION

Nebraska Chapter



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

[REGISTER HERE](#)

Join us for

Early Stage Support

**Navigating A Dementia
Diagnosis**

Learn more [HERE!](#)

Interested in hosting a FREE
interactive learning and growth
opportunity
for your church, community
organization
or work place?

Click [HERE](#)

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

Questions?

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

ALZHEIMER'S
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Nebraska Chapter

FEBRUARY 2023



SAVE THE DATE

Advocacy Day

When: Wednesday, March 8th, 2023
10-1:30 pm

Where: 635 S 14th St., Lincoln, NE
[Register HERE!](#)



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 [HERE](#)

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



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.

Questions?

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 **ALZHEIMER'S
ASSOCIATION**

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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

ALZConnected

Alzheimer's Caregiver Support Group

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

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.

Alzheimer's Navigator®



Working with Your
Doctor



Symptoms



Safety



Legal Planning

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.

ALZHEIMER'S ASSOCIATION®

800.272.3900 | alz.org®