



COMMUNITY EDUCATION PROGRAMS WISCONSIN, JANUARY - MARCH 2025

All programs are free and open to the public.
To register, click on the desired date below or call 800.272.3900.

THE 10 WARNING SIGNS OF ALZHEIMER'S

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

Monday, February 10	1 - 2 p.m.	Bethany United Church	3910 Mineral Point Rd, Madison
Wednesday, February 12	5 - 6:30 p.m.	The Cottages - Shawano	103 Madison Way, Shawano
Wednesday, February 19	1 - 2 p.m.	Oregon Senior Center	219 Park St, Oregon
Monday, March 3	10 - 11 a.m.	The Landing - Woodson YMCA	707 N 3rd St, Wausau
Tuesday, March 18	6 -7 p.m.	Virtual	

UNDERSTANDING ALZHEIMER'S & DEMENTIA

Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, their effects on the brain, Alzheimer's disease stages and risk factors, current research and treatments available to address symptoms, and Alzheimer's Association resources.

Tuesday, February 11	12 - 1 p.m.	Virtual	
Wednesday, March 12	5 - 6:30 p.m.	The Cottages - Oconto Falls	751 E Highland Dr, Oconto Falls

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Learn about research in the area of diet, exercise, cognitive activity and social engagement. Learn how to incorporate these recommendations into a plan for healthy aging.

Tuesday, January 21	1 - 2:30 p.m.	ADRC of Oneida County	100 Keenan St, Rhinelander
Wednesday, February 5	11 a.m. - 12 p.m.	The Kroc Center	1315 Lime Kiln Rd, Green Bay
Thursday, February 20	1 - 2:30 p.m.	Antigo Public Library	617 Clermont St, Antigo

COMMUNICATING EFFECTIVELY

As people living with dementia progress in their journey and lose the ability to use words, caregivers can discover new ways to communicate effectively in any stage of the disease. Learn how dementia affects communication, how person-centered approaches can improve communication and much more.

Thursday, March 13	11:30 a.m. - 1 p.m.	Grand Hall - Oak Park Place	718 Jupiter Dr, Madison
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DEMENTIA CONVERSATIONS

Learn tips for honest conversations to address difficult discussions: doctor appointments, when to stop driving, making legal and financial plans and the importance of planning ahead.

Tuesday, March 18	1 - 2:30 p.m.	ADRC of Oneida County	100 Keenan St, Rhinelander
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MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCE

This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning and teaches them how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud and find support when needed.

Friday, January 31	12:30 - 1:30 p.m.	Waunakee Senior Center	333 S Madison St, Waunakee
Tuesday, February 18	1 - 2:30 p.m.	ADRC of Oneida County	100 Keenan St, Rhinelander

BUILDING FOUNDATIONS OF CAREGIVING

Explore the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Tuesday, January 7	11:30 a.m. - 1 p.m.	Oak Park Place	618 Jupiter Dr, Madison
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SUPPORTING INDEPENDENCE

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Tuesday, February 11	11:30 a.m. - 1 p.m.	Oak Park Place	618 Jupiter Dr, Madison
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STRONGBODIES: LIFTING PEOPLE TO BETTER HEALTH

Do you want to increase your balance, flexibility, and muscle strength? If so, join us to learn all about the StrongBodies strength training program. Includes a live demonstration of the exercises with the opportunity to participate right along with guest presenter April Anderson, so grab some hand weights or even use cans of soup!

Wednesday, January 8	2 - 3 p.m.	Virtual	
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ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S RESEARCH & TREATMENT

Alzheimer's disease is an escalating health crisis, yet significant progress in Alzheimer's research has led to advancements in diagnosing, treating and preventing dementia. Join us to learn about the latest in Alzheimer's research and treatments and how we're leading the way to find a cure.

Thursday, January 16	12 - 1 p.m.	Virtual	
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HOSPICE & PALLIATIVE CARE FOR THOSE LIVING WITH DEMENTIA

This session will explore how hospice and palliative care support the unique needs of people with dementia, focusing on comfort, dignity, and quality of life. Topics include symptom management, caregiver support, and the Medicare hospice benefit. Ideal for healthcare professionals, families, and caregivers.

Tuesday, February 25	10 - 11 a.m.	Virtual	
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BALANCING RISK & INDEPENDENCE IN DEMENTIA CARE

When should they stop driving? How do I keep them from leaving home unexpectedly? When do I need to look for a long-term care community? These questions and more are explored as we talk about maintaining independence and evaluating risk in the day to day for people living with dementia.

Tuesday, March 4	10 - 11 a.m.	Virtual	
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