

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Click here to register for one of our virtual programs or call 800.272.3900.</p> <p>bit.ly/alzcaptxedu</p> 			<p>1 Caregiving Cafe @ Mount Olive Church 10:00 AM CT</p> <p>Support Group @ Dementia Enrichment Ctr Belton 6:00 PM CT</p>	<p>2</p>	<p>3 A DAY OF HOPE CAREGIVER CONFERENCE</p> 	<p>4 ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH</p> 
<p>5</p> 	<p>6</p>	<p>7</p>	<p>8 Support Group @ Tarrytown United Methodist 10:00 AM</p> <p>Support Group @ St. John's Methodist 1:30 PM CT</p>	<p>9 Hybrid Support Group @ St. Catherine's 10:00 AM CT</p> <p>Behavior @ Round Rock Library 1:00 PM CT</p> <p>Support Group @ The Reserve Lake Austin 5:30 PM CT</p>	<p>10 10 Warning Signs @ Sunrise Center Feed My Sheep, Belton 11:00 AM CT</p>	<p>11 To schedule your own program, contact us bit.ly/CapTXCS</p>
<p>12</p> 	<p>13 PALS Support Group @ First United Methodist Georgetown 10:00 AM CT</p>	<p>14 Support Group @ Hospice Brazos Valley LaGrange 11:00 AM CT</p> <p>Virtual Support Group Veteran's Affairs (VA) 11:00 AM CT</p>	<p>15 Managing Money @ Grace Covenant Church Austin 12:00 PM CT</p> <p>10 Warning Signs @ Buda Public Library 1:00 PM CT</p> <p>Support Group @ Dementia Enrichment Ctr Belton 1:00 PM CT</p>	<p>16</p>	<p>17</p>	<p>18 Managing Money @ Dementia Enrichment Center Belton 10:00 AM CT</p>
<p>19 Urge Congress to Increase Research Funding alz.org/advocate</p>	<p>20</p>	<p>21 Support Group @ AACT Belton 10:00 AM CT</p> <p>Virtual Support Group Veteran's Affairs (VA) 11:00 AM CT</p> <p>Support Group @ Brookdale North Austin 6:00 PM CT</p>	<p>22 Healthy Living for Your Brain & Body @ St. Catherine's and via Zoom 11:00 AM CT</p>	<p>23 Hybrid Support Group @ St. Catherine's 10:00 AM CT</p>	<p>24</p>	<p>25 Interested in getting more involved? Let us know at alz.org/volunteer</p>
<p>26 Don't just hope for a cure. Help us find one. alz.org/trialmatch</p>	<p>27 Memorial Day</p> 	<p>28 Hybrid Support Group Longleaf Bee Cave 1:30 PM CT</p> <p>The Serenity Support Group @ the Watermark Southpark Meadows 6:30pm</p>	<p>29 THE EMPOWERED CAREGIVER</p> <p>Virtual Lunch and Learn: Building the Foundations of Caregiving 12:00 PM CT</p> 	<p>30 Support Group @ Golden Age Home Lockhart 6:00 PM CT</p>	<p>31 OLDER AMERICANS MONTH</p> 	

ALZHEIMER'S ASSOCIATION®

ONLINE RESOURCES

Alzheimer's Navigator®

An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions.

alzheimersnavigator.org

ALZConnected®

This online community connects you with other individuals living with early-stage Alzheimer's. Share questions, experiences and practical tips via message boards or create private groups organized around specific topics.

alzconnected.org

Trial Match

Connects individuals living with Alzheimer's, caregivers and healthy volunteers to clinical trials that may advance Alzheimer's research.

trialmatch.alz.org

Community Resource Finder

A comprehensive database of local programs and services, housing and care options, and legal experts all in one location, allowing you to quickly search, find and access support.

communityresourcefinder.org

Online Education Center

Take free workshops about Alzheimer's disease, caregiving, healthy living and planning for the future.

alz.org

Live Well Online Resources

A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease.

alz.org/help-support

To learn more about all available resources, visit
www.alz.org or call 800.272.3900.