



ALZHEIMER'S ASSOCIATION
**Oct-Dec In Person & Virtual
 Community Education Programs
 Wisconsin**

All Programs are provided free of charge and open to all families.

Please register at links below or call 1.800.272.3900

Dementia & the Holidays: Tips for Keeping the Holidays Fun & Calm

With the holidays approaching, learn how to make them less stressful for people with dementia and their caregivers. Get practical tips for travel, planning gatherings, and holiday gifts.

Wednesday, Nov 13th	12-1:30pm	Virtual	Zoom		Register Here
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Festive Foods for a Sharp Mind: Brain Boosting Holiday Foods

Your food choices can protect your brain, power up your mood, and support your gut health! Get ready for snack hacks, and tasty menu inspirations.

Thursday, Dec. 12th	2-3pm	Virtual	Zoom		Register Here
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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

Thursday, Oct. 16th	11:30am- 1pm	In-Person	Oak Park Place This is a Lunch & Learn	618 Jupiter Dr., Madison	Register Here
Tuesday, Nov. 19th	1-2:30pm	In-Person	ADRC of Oneida County	100 W Keenan St., Rhinelander	Register Here
Thursday, Nov. 21st	1:30-3pm	In-Person	Antigo Public Library	617 Clermont St., Antigo	Register Here

Understanding Alzheimer's and Dementia

This Course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Tuesday, Oct.1st	11am- 12pm	In-Person	Menomonie Public Library	600 Wolske Bay Rd. Menomonie	Register Here
Thursday, Nov. 7th	9-10am	In-Person	Door County YMCA - Sturgeon Bay	1900 Michigan St., Sturgeon Bay	Register Here
Thursday, Nov. 7th	11:30am- 12:30pm	In-Person	Door County YMCA - Fish Creek	3866 Gibraltar Rd., Fish Creek	Register Here
Thursday, Dec. 12th	1:30-3pm	In-Person	Antigo Public Library	617 Clermont St., Antigo	Register Here
Tuesday, Dec. 17th	1-2:30pm	In-Person	ADRC of Onieda County	100 W Keenan St., Rhinelander	Register Here
Wednesday, Dec.18th	1-2pm	In-Person	Oregon Senior Center	219 Park St., Oregon	Register Here

Virtual 3-Part Series: Living With Early Stage Alzheimer's for Caregivers

In the early stage of Alzheimer's and dementia, families face new questions. Hear from other care partners and individuals living with dementia. Learn tips and strategies to help navigate the journey.

Tuesdays Oct 8,15,22	1-3pm	Virtual	Zoom		Register Here
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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.

Wednesday, Nov. 13th	6-7:30pm	In-Person	Our Lady of Sorrows Catholic Church	120 E. Corbett Ave., Ladysmith	Register Here
Friday, Dec. 6th	12-1:00pm	Virtual	Zoom		Register Here

Advancing the Science: The Latest in Alzheimer's and Dementia Research

Join us to learn about the significant progress in Alzheimer's research that has led to advancements in diagnosing, treating and preventing dementia.

Thursday, Oct 17th	2-3pm	Virtual	Zoom		Register Here
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Alzheimer's Awareness Presentation

The purpose of this presentation is to raise awareness of Alzheimer's and dementia, inform the community of Alzheimer's Association resources and engage people in the mission

Thursday, Oct 17th	10-11am	Virtual	Zoom		Register Here
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The Language of Demetia: The FISH Approach

As care partners, we can find ourselves in communication snags. Together we will untangle these challenging situations and explore new tools to hep in your caregiving journey.

Thursday, Oct 24th	2-3pm	Virtual	Zoom		Register Here
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Dementia Conversations

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

Wednesday, Nov. 13th	11:30am- 1pm	In-Person	Oak Park Place This is a Lunch & Learn	618 Jupiter Dr. Madison	Register Here
Wednesday, Nov. 13th	1-2pm	In-Person	Janesville Senior Activity Center	69 Water Street Janesville	Register Here

Managing Money: A Caregiver's Guide to Finance

This evidenced-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

Wednesday, Oct. 9th	12-1pm	In-Person	St. Rita Square	728 E. Pleasant St. Milwaukee	Register Here
Monday, Oct. 21st	10-11am	In-Person	CoVantage Credit Union	1225 Lawrence Dr., De Pere	Register Here
Thursday, Nov. 21st	10-11am	Virtual	Zoom		Register Here
Wednesday, Dec. 4th	11:30- 1pm	In-Person	Oak Park Place This is a Lunch & Learn	618 Jupiter Dr., Madison	Register Here
Tuesday, Dec. 17th	11am-12pm	In-Person	Verona Senior Center	108 Paoli St. Verona	Register Here

Building Foundations of Caregiving

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

Wednesday, Oct. 9th	11:00am- 12pm	In-Person	Ascension Lakeshore at Siena	5463 Erie St., Racine	Register Here
Thursday, Nov. 14th	2-3pm	In-Person	Oakwood Village University	6205 Mineral Point Rd., Madison	Register Here
Thursday, Nov. 21st	1-2pm	In-Person	Middleton Senior Center	7448 Hubbard Ave. Middleton	Register Here

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.

Wednesday, Oct. 9th	6-7pm	In-Person	Germantown Community Library	N112 W16957 Mequon Rd., Germantown	Register Here
Thursday, Oct. 31st	10-11am	In-Person	Middleton Senior Center	7448 Hubbard Ave., Middleton	Register Here
Thursday, Nov. 14th	11:00am- 12pm	In-Person	Ascension Lakeshore at Sienea	5463 Erie St., Racine	Register Here

Communicating Effectively

Teaches how dementia affects communication, including tips for communicating well with family, friends, and health care professionals.

Tuesday, Oct. 8th	1-2:30	Virtual	Zoom		Register Here
Tuesday, Oct. 29th	2-3pm	In-Person	The Landing	707 N 3rd Street Wausau	Register Here

Responding to Dementia-Related Behaviors

Details common behavior changes and how they are a form of Communication, non-medical approaches to behaviors and recognizing when additional help is needed

Tuesday, Oct. 8th	7-8pm	Virtual	Zoom		Register Here
Tuesday, Oct. 15th	10-11:30am	Virtual	Zoom		Register Here
Tuesday Nov. 4th	2-3pm	In-Person	The Landing	707 N 3rd Street Wausau	Register Here

Exploring Care and Support Services

Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

Tuesday, Oct. 15th	1-2:30pm	In-Person	ADRC of Oneida County	100 W. Keenan St., Rhinelanders	Register Here
Wednesday, Oct. 16th	6-7pm	In-Person	Germantown Community Library	N112W16957 Mequon Rd., Germantown	Register Here
Thursday, Oct. 17th	1:30-3pm	In-Person	Antigo Public Library	617 Clermont St., Antigo	Register Here
Saturday, Nov. 9th	10-11am	Virtual	Zoom		Register Here
Thursday, Nov. 21st	10-11am	In-Person	Janesville Senior Activity Center	69 S. Waterstreet Janesville	Register Here
Tuesday, Dec. 3rd	2-3pm	In-Person	The Landing	707 N 3rd Street Wausau	Register Here
Thursday, Dec. 19th	11:00am- 12pm	In-Person	Ascension Lakeshore at Sienea	5463 Erie St., Racine	Register Here