



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	2-3:00pm	Virtual	Zoom		Register Here
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Learning, Coping & Surviving As an Alzheimer's Caregiver: Martin Schreiber
Join former WI Governor Martin Schreiber as he shares lessons from his journey as a caregiver for his wife, Elaine, who lived with Alzheimer's. Governor Schreiber will candidly describe his challenges, missteps and highlight how compassion and humor provide comfort to the caregiver and the person with the disease.

Monday, Dec. 2nd	1-2:30pm	In Person	ADRC of Door County	916 N 14th Ave Sturgeon Bay	Register Here
Tuesday, Dec. 3rd	10-11:30am	In Person	Oneida Tribe Norbert Hill Center	N7210 Seminary Road, Oneida	Register Here

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
Friday, Nov. 1st	9-10:30am	In-Person	Lakes Country Library	15235 State Hwy 32, Lakewood	Register Here
Tuesday, Nov. 19th	1-2:30pm	In-Person	ADRC of Oneida County	100 W Keenan St., Rhineland	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	11:00am-12:00pm	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
Friday, Nov. 8th	9-10:30am	In-Person	Lakes Country Library	15235 State Hwy 32, Lakewood	Register Here
Thursday, Dec. 12th	1:30-3pm	In-Person	Antigo Public Library	617 Clermont St., Antigo	Register Here
Saturday, Dec 14th	1-2:00pm	In Person	Heritage Hill	2640 S. Webster Ave Green Bay	Register Here
Tuesday, Dec. 17th	1-2:30pm	In-Person	ADRC of Onieda County	100 W Keenan St., Rhinelanders	Register Here
Wednesday, Dec. 18th	1-2:00pm	In-Person	Oregon Senior Center	219 Park St., Oregon	Register Here

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.

Tuesday, Nov 19th	1-2:30	In-Person	Neville Public Museum	210 Museum Pl, Green Bay	Register Here
Tuesday, Nov 19th	4-5:30	In-Person	Door County Economic Development Corp	185 E Walnut St, Sturgeon Bay	Register Here

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	10-11:00am	Virtual	Zoom		Register Here
Dementia Conversations					
<i>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.</i>					
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	1-2:00pm	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	12-1:00pm	In-Person	St. Rita Square	728 E. Pleasant St. Milwaukee	Register Here
Monday, Oct. 21st	10-11:00am	In-Person	CoVantage Credit Union	1225 Lawrence Dr., De Pere	Register Here
Thursday, Nov. 21st	10-11:00am	Virtual	Zoom		Register Here
Wednesday, Dec. 4th	11:30- 1:00pm	In-Person	Oak Park Place This is a Lunch & Learn	618 Jupiter Dr., Madison	Register Here
Tuesday, Dec. 17th	11:00am- 12:00pm	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- 12:00pm	In-Person	Ascension Lakeshore at Siena	5463 Erie St., Racine	Register Here
Thursday, Nov. 14th	2-3:00pm	In-Person	Oakwood Village University	6205 Mineral Point Rd., Madison	Register Here
Friday, Nov. 15th	9-10:30am	In-Person	Lakes Country Library	15235 State Hwy 32, Lakewood	Register Here
Thursday, Nov. 21st	1-2:00pm	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	6-7:00pm	In-Person	Germantown Community Library	N112 W16957 Mequon Rd., Germantown	Register Here
Thursday, Oct. 31st	10-11:00am	In-Person	Middleton Senior Center	7448 Hubbard Ave., Middleton	Register Here
Thursday, Nov. 14th	11:00am- 12:00pm	In-Person	Ascension Lakeshore at Siena	5463 Erie St., Racine	Register Here
Friday, Nov. 22nd	9-10:30am	In-Person	Lakes Country Library	15235 State Hwy 32, Lakewood	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	2-3:00pm	In-Person	The Landing	707 N 3rd Street Wausau	Register Here
Monday, Nov. 25th	1-2:30pm	In-Person	Lakes Country Library	15235 State Hwy 32, Lakewood	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	7-8:00pm	Virtual	Zoom		Register Here
Tuesday, Oct. 15th	10-11:30am	Virtual	Zoom		Register Here
Thursday, Oct 31st	10-11:00am	In-Person	Middleton Sr Center	7448 Hubbard Ave. Middleton	Register Here
Tuesday Nov. 4th	2-3:00pm	In-Person	The Landing	707 N 3rd Street Wausau	Register Here
Friday, Dec. 6th	9-10:30am	In-Person	Lakes Country Library	15235 State Hwy 32, Lakewood	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	6-7:00pm	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	10-11:00am	Virtual	Zoom		Register Here
Thursday, Nov. 21st	10-11:00am	In-Person	Janesville Senior Activity Center	69 S. Waterstreet Janesville	Register Here
Tuesday, Dec. 3rd	2-3:00pm	In-Person	The Landing	707 N 3rd Street Wausau	Register Here
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