



**No one should face Alzheimer's alone.**

Our education programs are FREE and can be accessed via telephone or virtually.

View all listings at [alz.org/CRF](https://alz.org/CRF).

### **Know the 10 Warning Signs**

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

**Tuesday, January 10 | 1:00 p.m.**

### **Effective Communication Strategies**

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**Thursday, January 26 | 11:00 a.m.**

### **Understanding Alzheimer's and Dementia**

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

**Monday, February 13 | 2:00 p.m.**

**Tuesday, February 14 | 11:00 a.m.**

### **Healthy Living for Your Brain and Body**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Tuesday, February 7 | 11:00 a.m.**

**Thursday, February 23 | 11:00 a.m.**

### **Living with Alzheimer's for Younger-Onset Alzheimer's**

When someone under 65 is diagnosed with younger-onset Alzheimer's disease or related dementia, the first reaction is often shock or denial. This doesn't happen to someone so young, does it? What does the diagnosis mean? What kinds of plans need to be made for everyone? What about work? What resources are available to help? Hear from those directly affected and learn what you need to know, what you need to plan and what you can do to ease the impact throughout the course of the disease.

**Tuesday, February 28 | 6:00 p.m.**

### **Understanding and Responding to Dementia-Related Behaviors**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

**Tuesday, February 21 | 11:00 a.m.**

**Thursday, March 9 | 1:00 p.m.**

### **Dementia Conversations**

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

**Friday, March 24 | 12:00 p.m.**

**RSVP at [alz.org/CRF](https://alz.org/CRF), via our 24/7 Helpline at 800.272.3900,  
or by contacting 518.867.4999.**

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