

## 2020 Lunch & Learn Caregiver Education Calendar

*All caregiver classes presented by the Alzheimer's Association Central & Western Kansas Chapter are FREE.  
Lunch will be provided.*

**12:00 – 1:00pm**

**1820 E. Douglas, Wichita, KS**

RSVP by phone at 24/7 Helpline 1.800.272.3900 or email [cwks helpline@alz.org](mailto:cwks helpline@alz.org)

### **January 7<sup>th</sup> -- Advances in Alzheimer's Research:**

Learn the latest advancements in research including early detection, clinical trials, and new research.

### **February 4<sup>th</sup> – 10 Warning Signs of Alzheimer's**

Join us to learn about 10 common warning signs and what to watch for in yourself and others.

### **March 3<sup>rd</sup> – Understanding Alzheimer's Disease and Dementia**

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 Association resources.

### **April 7<sup>th</sup> -- Legal & Financial Planning – Maximizing Medicaid Eligibility**

Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

### **May 5<sup>th</sup> -- Late Stage for Caregivers**

Learn from caregivers and professionals about resources, monitoring care and proving meaningful connection for the person with late stage Alzheimer's and their families.

### **June 9<sup>th</sup> – Questions & Answers about Alzheimer's and a Healthy Brain**

Bring your questions, or submit them early.....anything and everything about Alzheimer's and all dementia's. Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age.

### **July 7<sup>th</sup> – Effective Communications**

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.

### **August 4<sup>th</sup> -- Understanding and Responding to Dementia-Related Behavior:**

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.

### **October 6<sup>th</sup> – Activities & Local Resources**

Tips for activities throughout the stages as well as other local resources for caregivers.

### **November 10<sup>th</sup> -- Advances in Alzheimer's Research:**

Learn the latest advancements in research including early detection, clinical trials, and new research.

*No Lunch & Learn presentations in September nor December*

