Grub Club
Bring your lunch, bring a friend, and come hungry for some knowledge!

Menu:
The Alzheimer's Journey
April 8th
10 Warning Signs of Alzheimer’s

May 13th
Healthy Living for Your Brain and Body

June 10th
Dementia Conversations

September 9th
Effective Communication Strategies

October 21st*
Understanding Dementia Related Behaviors

November 18th*
Managing Money: A Caregiver’s Guide to Finances

*Date change due to holiday. See back of flyer for program descriptions.

Check Out New Time!
11:00 am - Noon at the OZone!
2nd Monday of the month

Presented by K-State Research & Extension

RSVP by calling:
913-755-3622

OZone
300 11th Street - Osawatomie

Presented by:
K-State Research and Extension
# The Alzheimer’s Journey

**Presented by K-State Research & Extension, Marais des Cygnes District**  
**Kathy Goul, Family & Consumer Science Agent & Certified Community Educator, Alzheimer’s Association**

## 10 Warning Signs
Join us to learn how to recognize common signs of Alzheimer’s and other dementia; how to approach someone about memory concerns; the importance of early detection and benefits of an early diagnosis; possible tests and assessments available for the diagnostic process; and, Alzheimer’s Association resources.

## Healthy Living for Your Brain & Body
Science provides insights into how lifestyle choices may help keep your brain and body healthy. Learn about research on diet and nutrition, exercise, cognitive activity and social engagement, and hands-on tools to help you incorporate these recommendations into healthy aging.

## Dementia Conversations
Learn tips on how to “break the ice” and have the most common, difficult conversations – such as going to the doctor, when to stop driving and making legal and financial plans.

## Effective Communication Strategies
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.

## Understanding & Responding to Dementia Behaviors
Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn ways to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.

## Managing Money: A Caregiver’s Guide to Finances
Learn about how caregiving affects finances, legal and financial documents caregivers should put in place and how to approach discussions about financial decisions and planning.