The Alzheimer's Journey

7-Part Series

March 5th
Understanding Alzheimer's & Dementia

April 2nd
10 Warning Signs of Alzheimer's

May 7th
Healthy Living for Your Brain & Body

September 3rd
Dementia Conversations

October 1st
Managing Money: A Caregiver’s Guide to Finances

November 5th
Effective Communication Strategies

December 3rd
Understanding Dementia Related Behaviors

1st Tuesday of the Month

10:00 am to 11:00 am

Mound City Library
630 W. Main Street

RSVP:
913-795-2788

Presented by:
### 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

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<tr>
<th>Understanding Alzheimer’s and Dementia</th>
<th>10 Warning Signs of Alzheimer’s</th>
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<td>Alzheimer’s disease is not a normal part of aging. Join us to learn about the impact of Alzheimer’s and other dementia; the difference between Alzheimer’s and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer’s Association resources.</td>
<td>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.</td>
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<th>Healthy Living for Your Brain &amp; Body</th>
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<td>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.</td>
<td>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.</td>
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<td>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.</td>
<td>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.</td>
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<th>Understanding &amp; Responding to Dementia Behaviors</th>
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<td>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.</td>
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913-294-4306  
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