

Webinar/Phone Family Caregiver Education Programs – March (All presentation times listed as Central Time, unless otherwise noted)



10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Wednesday, March 3, 3:30-5:00 pm | [REGISTER](#)

Wednesday, March 10, 1:00-2:00 pm | [REGISTER](#)

Monday, March 8, 2:00-3:00 pm | [REGISTER](#)

Tuesday, March 16, 8:30-9:30 am | [REGISTER](#)

Behavioral & Psychological Symptoms of Dementia

People with MCI, early stage Alzheimer's disease and other related dementia along with their family care partners; and professional caregivers are invited to join Dr. Cary Kolenberg as he reviews the presenting symptoms of various common types of dementia. He will help distinguish various forms of dementia and highlight behavioral symptoms that often accompany progressive dementias. He will also discuss both behavioral and medication approaches to help minimize behavioral symptoms and provide an update on current Clinical Research studies.

Monday, March 15, 11:00 am-12:00 pm | [REGISTER](#)

Comfort & Joy on Your Caregiving Journey

Times are tougher than normal. Places and people where we found encouragement and respite may not be there right now. Join a former family caregiver, Karen Stobbe, for a place to breathe, find comfort and hopefully a little joy. Karen is the Chief Purpose Officer at In the Moment. She is a past caregiver to her Dad and her Mom who lived with her family for 12 years. She created a training program on dementia for Medicare and Medicaid Services that was free to every nursing home in the country. Her work has been featured on NPR, Guideposts and Real Simple magazine as well as presenting a TEDMED talk with her husband, Mondy, whom she met many years ago while performing improvisation.

Thursday, March 4, 6:00-7:00 pm | [REGISTER](#)

Thursday, March 18, 6:00-7:00 pm | [REGISTER](#)

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.

Wednesday, March 3, 12:00-1:30 pm | [REGISTER](#)

Wednesday, March 24, 12:00-1:30 pm | [REGISTER](#)

Tuesday, March 30, 12:00-1:30 pm | [REGISTER](#)

Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. 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.

Monday, March 1, 5:30-6:30 pm | [REGISTER](#)

Tuesday, March 9, 2:00-3:00 pm | [REGISTER](#)

Thursday, March 11, 2:00-3:00 pm | [REGISTER](#)

Wednesday, March 17, 7:00-8:00 pm | [REGISTER](#)

Friday, March 26, 2:00-3:30 pm | [REGISTER](#)

Wednesday, March 31, 10:30-11:30 am | [REGISTER](#)

Register for any of our education programs by calling 800.272.3900 or online at alz.org/crf.
You will receive connection information after you register.

Webinar/Phone Family Caregiver Education Programs – March (All presentation times listed as Central Time, unless otherwise noted)



Healthy Living for Your Brain & 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.

Monday, March 15, 2:00-3:00 pm | [REGISTER](#)

Thursday, March 18, 2:00-3:00 pm | [REGISTER](#)

Wednesday, March 17, 10:00-11:00 am | [REGISTER](#)

Friday, March 26, 12:00-1:30 pm | [REGISTER](#)

Understanding Alzheimer's & 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.

Tuesday, March 2, 1:00-2:00 pm | [REGISTER](#)

Monday, March 15, 3:30-4:30 pm | [REGISTER](#)

Wednesday, March 24, 1:00-2:00 pm | [REGISTER](#)

Thursday, March 11, 11:00 am-12:00 pm | [REGISTER](#)

Wednesday, March 17, 1:00-2:00 pm | [REGISTER](#)

Understanding & Responding to Dementia Related Behavior

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, March 2, 2:00-3:00 pm | [REGISTER](#)

Thursday, March 25, 10:00-11:00 am | [REGISTER](#)

Wednesday, March 17, 11:30 am-1:00 pm | [REGISTER](#)

Monday, March 29, 1:00-2:00 pm | [REGISTER](#)