



THE BRAINS BEHIND SAVING YOURS®

October 2018 Educational Programs Schedule

Join us for an upcoming educational program near you

The Alzheimer's Association, MA/NH Chapter offers educational programs for families and individuals facing Alzheimer's, as well as community members and healthcare professionals. Programs range from basic introductory material to in-depth multi-part sessions and brain health information. We also offer resources, publications, and videos that can be helpful to those facing Alzheimer's disease.

Family and caregiver programs for people with Alzheimer's disease are free of charge.

For all programs and to register for those listed.
[Click here.](#)

[Educational Programs Overview and Schedule](#)



Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs

Scroll Below for Full Schedule

Alzheimer's Association Overview

This program highlights the programs and services offered by the Alzheimer's Association.

- Oct. 22 - [Norfolk Senior Center - Norfolk, MA](#)

Alz Meet Ups

Staying active is a powerful way to manage your disease. Alz Meet Ups offer a unique and enjoyable opportunity for you to connect with others who are also living with mild memory loss. Give yourself the benefit of new experiences by joining with others for art, nature, lectures, fitness, or coffee. This program is intended for persons with early-stage Alzheimer's disease or another dementia and their care partner(s).

- Oct. 12 - [Strawberry Banke Museum - Portsmouth, NH](#)
- Oct. 15 - [Meet Up for Coffee - Waltham, MA](#)
- Oct. 17 - [Mt. Auburn Cemetery - Cambridge, MA](#)
- Oct. 19 - [Squam Lake Cruise - Holderness, NH](#)
- Oct. 22 - [Walden Pond - Concord, MA](#)
- Oct. 23 - [Wistariahurst Museum - Holyoke, MA](#)
- Oct. 30 - [South Shore Conservatory - Duxbury, MA](#)

Basics of Alzheimer's

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

- Oct. 17 - [Groveland Town Hall - Groveland, MA](#)
- Oct. 22 - [Chicopee Senior Center - Chicopee, MA](#)
- Oct. 23 - [Hilltop Golf Course - Peterborough, NH](#)
- Oct. 29 - [Agawam Public Library - Agawam, MA](#)
- Oct. 30 - [Bekdash Shriners - Concord, NH](#)

Dementia and Your Community

This program is open to business professionals in the community and is not intended for the general public, family caregivers, or healthcare providers.

- Oct. 23 - [Wakefield Council on Aging - Wakefield, MA](#)

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.

- Oct. 25 - [Sturbridge Senior Center - Fiskdale, MA](#)
- Oct. 31 - [The Gibson Center - North Conway, NH](#)

Effective Communication Strategies

Communication is more than talking and listening. Communication is a way to express who we are and how we relate to each other. This workshop will explore: communication changes throughout the course

and symptoms. Every individual may experience one or more of these signs in a different degree. If you notice any of them, please see a doctor.

Learn 10 Early Signs and Symptoms of Alzheimer's.

24/7 Helpline

Here always to help you and your family.

Call us today at
800.272.3900



The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research.

Our Northeastern MA Walk has been rescheduled!

Northeastern MA Walk
Sunday, October 14, 2018
[200 Brickstone Square](#)
Andover, MA

of the disease, understanding and decoding verbal and behavioral messages, identifying ways to connect and communicate through the stages of dementia.

- Oct. 01 - [Peterborough Community Center - Peterborough, NH](#)
- Oct. 10 - [Sweetbrook Rehab and Nursing Center - Williamstown, MA](#)
- Oct 22 - [Fitchburg Senior Center - Fitchburg, MA](#)
- Oct. 24 - [Weston Council on Aging - Weston, MA](#)
- Oct. 30 - [Dover Senior Center - Dover, NH](#)

Healthy Living for Your Brain and Body

Lifestyle choices affect the aging process. Learn about important information and research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Use hands-on tools to develop a plan for healthy aging.

- Oct. 10 - [St. Anthony Shrine - Boston, MA](#)
- Oct. 15 - [Edgewood Retirement Community - N. Andover, MA](#)
- Oct. 15 - [South Shore YMCA - Quincy, MA](#)
- Oct. 24 - [Maplewood at Brewster - Brewster, MA](#)

Know the 10 Signs of Alzheimer's Disease

As we age, there can be changes to our memory, but memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Learn the 10 signs to determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about.

- Oct. 02 - [Deutsches Altenheim, German Centre - W. Roxbury, MA](#)
- Oct. 04 - [Hooksett Public Library - Hooksett, NH](#)
- Oct. 12 - [Newport Senior Center - Newport, NH](#)
- Oct. 24 - [Shillman House - Framingham, MA](#)
- Oct. 25 - [Cheshire Medical Center - Keene, NH](#)
- Oct. 25 - [Hubbard Memorial Library - Ludlow, MA](#)

Legal and Financial

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer's Disease is an interactive two-part program where you will have a chance to 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. This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia. Topics covered will include: Making legal plans that fit your needs; Legal documents you'll need and what they mean for all of you; How to find legal and financial assistance; Practical strategies for making a long-term plan of care; Tax deductions and credits; and Government programs that can help pay for care.

- Oct. 18 - [Alzheimer's Association - Bedford, NH](#)
- Oct. 30 - [Alzheimer's Association - Raynham, MA](#)

Living with Alzheimer's for Early Stage Caregivers

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This 3-part

program provides practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

- Alzheimer's Association - Bedford, NH
 - [Part 1: Oct. 10](#)
 - [Part 2: Nov. 14](#)
 - [Part 3: Dec. 12](#)
- Linden Ponds Retirement Community - Hingham, MA
 - [Part 1: Oct. 02](#)
 - [Part 2: Oct. 09](#)
 - [Part 3: Oct. 16](#)

Living with Alzheimer's: Middle Stage

Dementia-related changes affect how to think about safety. This program teaches strategies to encourage a safe environment and lifestyle for those affected with memory challenges.

- Part 2: Oct. 02 - [The Atrium at Cardinal Drive - Agawam, MA](#)
- Part 3: Nov. 01 - [The Atrium at Cardinal Drive - Agawam, MA](#)

Safety and Memory Challenges

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stages of Alzheimer's.

- Oct. 22 - [North Shore Elder Services - Danvers, MA](#)
- Oct. 29 - [Southborough Senior Center - Southborough, MA](#)

Understanding and Responding to Dementia-Related Behavior

During the stages of dementia, the person diagnosed often will experience changes in behavior that can be confusing for a caregiver. Behaviors are a form of communication and are essential to understanding the needs of the person with dementia. Attendees will learn to: Identify common triggers for behavior changes, assess and identify challenging behaviors, and understand strategies to address common behaviors.

- Oct. 02 - [Concord Hospital - Concord, NH](#)
- Oct. 11 - [LifePath - Greenfield, MA](#)
- Oct. 15 - [Auburn Senior Center - Auburn, MA](#)
- Oct. 17 - [Sweetbrook Rehab and Nursing Center - Williamstown, MA](#)
- Oct. 30 - [Amherst Senior Center - Amherst, MA](#)

Partnership Events

It's Dementia: Why Knowing What Type of Dementia Matters

A diagnosis of dementia is not enough. Dementia is an umbrella term with over 70 types, including Alzheimer's, Parkinson's Dementia, Lewy Body Dementia, Vascular Dementia and Frontal Lobe Dementia. While many share common symptoms, the interventions to help specific consequences may differ according to the respective type of dementia. Come learn why knowing what type of dementia matters to those diagnosed as well as caregivers and families. Joan Wright is a Certified Dementia Practitioner and certified trainer with NVNA and Hospice. With extensive experience in Alzheimer's and related dementias care and caregiver support. Joan facilitates a number of

caregiver support groups and community educational programs. Joan is Director of Community Relations and provides Alzheimer's and related dementias curriculum development and staff training for NVNA and Hospice as well as surrounding assisted living facilities and skilled nursing facilities.

- Oct. 17 - [Whipple Senior Center - N. Weymouth, MA](#)

On Pluto: Inside the Mind of Alzheimer's

MetroWest Alzheimer's Partnership Event: Award winning journalist Greg O'Brien will discuss his acclaimed memoir, *On Pluto: Inside the Mind of Alzheimer's*, written about his own experience living with early onset Alzheimer's.

- Oct. 27 - [The Callahan Center - Framingham, MA](#)

Self-Care for Caregivers

Self-care for caregivers: A Holistic approach for respite care. Presented by: Mandy Lubas, OTR/L, C-IAYT, AWC and Kristen Harte, NP. Program provided by the North Shore Alzheimer's Partnership. 4-5pm Registration & vendors, 5-5:30pm dinner, 5:30-6:30pm program.

- Oct. 18 - [Beverly Council on Aging - Beverly, MA](#)

Research Events

Dementia and Brain Health: Risk Factors, Interventions, Research

This comprehensive presentation by Kelsey Gosselin of the Alzheimer's Association will cover topics from the pathology and detection/diagnosis of Alzheimer's disease and other dementias to updates on clinical trials, and thoughts on prevention. Kelsey will also speak about the differences between various types of dementia and provide the latest research. The session will include time for questions from the audience.

- Oct. 16 - [Glenmeadow Retirement Community - Longmeadow, MA](#)

Meeting of the Minds

Jump into Fall: Exercise for a Healthy Brain

Join in a discussion on how important exercise is for you and how it improves brain function, thinking, memory, and mood and how it can reduce falls and dementia. Join in an interactive workshop where you will learn how to do exercise safely and correctly. Our Meeting of the Mind series engages the community with local researchers on topics like normal aging, memory problems, keeping your brain healthy, and available resources in your community. The Jetsetters church group is hosting us. Free. Refreshments will be provided. Combination of presentation and light exercise.

- Oct. 14 - [Berea Seventh Day Adventist Church - Dorchester, MA](#)

Science of Hope: Progress Toward a World without Alzheimer's

Learn about the latest in Alzheimer's disease and dementia research. We know more than ever before about the underlying brain changes of Alzheimer's disease and other dementias. How this knowledge is being translated into novel therapies and prevention strategies will be

discussed, as well as steps you can take today that may reduce your risk of cognitive decline.

- Oct. 26 - [Mt. Wachusett Community College - Gardner, MA](#)

Are you a professional looking for dementia education?



**a map through
the maze**

SAVE THE DATE: MAY 22, 2019

Join us for [A Map Through the Maze](#), our professional conference to learn the latest care techniques & advancements in research.

Our Vision: a world without Alzheimer's disease.

Alzheimer's Association, [309 Waverley Oaks Road](#), Waltham, MA 02452

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