

WE'RE HERE FOR YOU

Call **800.272.3900** to register

JOIN US FOR OUR UPCOMING PHONE/WEBINAR EDUCATION PROGRAMS!

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

Thursday, April 2, 2020

3:30 – 4:30 p.m.

Register today at 800.272.3900 or go to bit.ly/33SAVxt



Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. 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, April 7, 2020

12 – 1 p.m.

Register today at 800.272.3900 or go to bit.ly/2xzHt84

Living With Alzheimer's for Caregivers: 3-part series

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.

Tuesday, April 14 | Tuesday, April 21 | Tuesday, April 28

2 – 3:30 p.m.

Register for the series by calling 800.272.3900 or go online to bit.ly/3dCPF86



Healthy Living for Your Brain and Body: Tips from the Latest Research

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.

Wednesday, April 22, 2020

11 a.m. – 12 p.m.

Register today at 800.272.3900 or go to bit.ly/3avruXe



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PHONE/VIRTUAL CAREGIVER SUPPORT GROUPS

Support groups offered for caregivers of individuals living with Alzheimer's and all other dementia and those affected by the disease. Support groups provide emotional, educational and social support to help develop methods and problem-solving skills. Share techniques that work for you and get new ideas from your peers.

April support groups hosted via phone or video conference instead of in-person. Support groups held various days & times and include specific groups for spouses, adult children, those with loved ones in different stages of the disease and more.

Register: alz.org/CRF or call our 24/7 Helpline at 800.272.3900 for the support group that best fits your needs

- Wednesday, April 1 at 1 – 2 p.m. (first Wednesday of month)
- Wednesday, April 1 at 6:30 – 8 p.m. (first Wednesday of month)
- Thursday, April 2 at 12 – 1:30 p.m. (first Thursday of month)*
- Thursday, April 2 at 6 – 7:30 p.m. (first Thursday of month)
- Monday, April 6 at 11:30 a.m. – 1 p.m. (first Monday of month)
- Tuesday, April 7 at 5 – 7 p.m. (first Tuesday of month)
- Tuesday, April 7 at 5:30 – 7 p.m. (first Tuesday of month)
- Tuesday, April 7 at 6 – 8:30 p.m. (first Tuesday of month)
- Thursday, April 9 at 10 – 11 a.m. (second Thursday of month)**
- Thursday, April 9 at 10:30 – 12 p.m. (second Thursday of month)
- Thursday, April 9 at 6:30 – 7:30 p.m. (second Thursday of month)
- Friday, April 10 at 6:30 – 7:30 p.m. (second Friday of month)***



*Early to mid-stage

**Adult children

***Spouse

3 WAYS TO FIND SUPPORT

 Online support community alzconnected.org

 Online education training.alz.org

 Free 24/7 Helpline **800.272.3900**

alzheimer's  association®

800.272.3900 | alz.org

To protect the health of our constituents, volunteers and staff, the Alzheimer's Association Long Island Chapter will be offering all education programs & support groups via phone and/or webinar.

Pre-registration required for all programs. Instructions on how to join the program using a computer or telephone will be provided upon registration.

MORE RESOURCES

Alzheimer's Library and Resource Center:
alz.org/help-support/resources/virtual_library

Online tools: alz.org/help-support/resources/online-tools