



# Education Calendar

alzheimer's  association®

## Boulder Region

April – June 2017

### Know the 10 Signs: Early Detection Matters

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease as a way to highlight the challenges they face every day.

Lafayette	Tuesday April 4 <sup>th</sup>	10:00 a.m. – 11:30 a.m.	Natural Grocers 100 W. South Boulder Rd., 80026 Conference Room
Boulder	Tuesday April 11 <sup>th</sup>	3:00 p.m. – 4:30 p.m.	Golden West Community 1055 Adams Cir., 80303 Dining Room
Boulder	Tuesday April 18 <sup>th</sup>	6:00 p.m. – 7:30 p.m.	Morning Star Assisted Living and Memory Care 575 Tantra Dr., 80305 Theatre Room
Longmont	Tuesday May 9 <sup>th</sup>	4:00 p.m. – 5:30 p.m.	Longmont Senior Center 910 Longs Peak Ave., 80501 Room A
Broomfield	Thursday June 8 <sup>th</sup>	10:00 a.m. -11:30 a.m.	Aspen Lodge at Anthem Ranch 16151 Lowell Blvd.,80023 Room: MP1

To register on-line go to: [alz.org/co](http://alz.org/co) For more information call the 24/7 helpline at 800.272.3900 or email [hvolden@alz.org](mailto:hvolden@alz.org)

**Registration required for all education programs**

**The Basics: Memory Loss, Dementia, and 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, possible causes and risk factors, stages of the disease, treatment and much more.

Lafayette	Wednesday April 19 <sup>th</sup>	5:30 p.m. – 7:00 p.m.	Lafayette Senior Center 103 Iowa Ave., 80026 Main Room
Broomfield	Thursday April 27 <sup>th</sup>	10:00 a.m. – 11:30 a.m.	Aspen Lodge at Anthem Ranch 16151 Lowell Blvd., 80023 Room: MP 1
Boulder	Sunday May 7 <sup>th</sup>	10:45 a.m. – 11:45 a.m.	First Presbyterian Church 1820 15 <sup>th</sup> St., 80302 Room: Oerter Hall Free Public Parking ½ block North
Boulder	Thursday May 11 <sup>th</sup>	7:00 p.m. – 8:30 p.m.	Silver Sage Village 1650 Yellow Pine Ave., 80304 Common House Media Room
Lafayette	Tuesday June 6 <sup>th</sup>	10:00 a.m. – 11:30 a.m.	Natural Grocers 100 W. South Boulder Rd., 80026 Conference Room

**Living with Alzheimer's For Caregivers: Early Stage**

This program is designed to provide care partners with the knowledge, tools and strategies needed to cope with a diagnosis of Alzheimer's or a related dementia.

Boulder	Thursday April 27 <sup>th</sup>	9:30 a.m.-11:30 a.m.	West Boulder Senior Center 909 Arapahoe Ave. 80302 Room: Creekside.
Boulder	Tuesday June 20 <sup>th</sup>	6:00 p.m.-7:30 p.m.	Morningstar Assisted Living and Memory 575 Tantra Drive Boulder, 80305 Room: Theater

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## **Effective Communication Strategies**

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

Boulder	Tuesday April 11 <sup>th</sup>	2:00 p.m. – 3:30 p.m.	Kaiser Permanente Baseline Clinic 580 Mohawk Dr., 80303 Chautauqua Room
Louisville	Tuesday April 25 <sup>th</sup>	6:00 p.m. – 7:30 p.m.	Balfour Cherrywood Village 282 McCaslin Blvd., 80027
Lafayette	Tuesday May 16 <sup>th</sup>	2:00 p.m. – 3:30 p.m.	Kaiser Permanente 280 Exempla Cir., 80026 Plum Creek Room
Boulder	Wednesday May 24 <sup>th</sup>	9:30 a.m. – 11:30 a.m.	West Boulder Senior Center 909 Arapahoe Ave., 80302 Creekside Room
Longmont	Tuesday June 13 <sup>th</sup>	2:00 p.m. – 3:30 p.m.	Kaiser Permanente Longmont Clinic Long Peak Room 2345 Bent Way, 80503 Longs Peak Room

## **Dementia Conversations**

This workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

Longmont	Tuesday June 13 <sup>th</sup>	2:00 p.m. – 4:00 p.m.	Longmont Senior Center 910 Longs Peak Ave., 80501 Room A
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## **Understanding and Responding to Dementia-Related Behaviors**

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.

Boulder	Tuesday April 18 <sup>th</sup>	1:00 p.m. – 3:00 p.m.	Unitarian Universalist Church 5001 Pennsylvania Ave., 80303
Lafayette	Tuesday May 2 <sup>nd</sup>	10:00 a.m. – 11:30 a.m.	First United Methodist Church 1255 Centaur Village Dr., 80026
Longmont	Thursday May 18 <sup>th</sup>	7:00 p.m. – 8:30 p.m.	Niwot United Methodist Church 7405 Lookout Rd., 80503 Sanctuary

## **Legal & Financial Planning for Alzheimer's**

Legal and Financial Planning for Alzheimer's disease is a workshop presented by an attorney who volunteers for the Alzheimer's Association. This class is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.

Lafayette	Wednesday May 3 <sup>rd</sup>	5:30 p.m. – 7:30 p.m.	Lafayette Senior Center 103 Iowa Ave., 80026 Main Room
Louisville	Thursday June 8 <sup>th</sup>	6:00 p.m. – 8:00 p.m.	Balfour Cherrywood Village 282 McCaslin Blvd., 80027

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## **Healthy Living for Your Brain and 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 optimize our physical and cognitive health as we 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.

Lafayette	Tuesday April 4 <sup>th</sup>	10:00 a.m. – 11:30 a.m.	First United Methodist Church 1255 Centaur Village Dr., 80026
Niwot	Thursday April 20 <sup>th</sup>	7:00 p.m. - 8:30 p.m.	Niwot United Methodist Church 7405 Lookout Rd., 80503 Sanctuary
Lafayette	Thursday June 22 <sup>nd</sup>	10:00 a.m. – 11:30 a.m.	TRU PACE 2593 Park Ln., 80026 Conference Room 1, Forest Park Entrance

## **Science of Hope: Progress toward a world without Alzheimer's Disease.**

This presentation provides fundamental information about the development and impact of Alzheimer's disease. The Alzheimer's epidemic continues to grow. If the trajectory of the disease does not change, it will affect all of us. Join us to hear where research has been, where it is going and what you can do to help.

Broomfield	Wednesday May 24 <sup>th</sup>	2:00 p.m. - 3:30 p.m.	Broomfield Community Center 280 Spader Way, 80020
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