

alzheimer's association®

Winter/Spring, 2022 Programs for Master the Possibilities

Understanding Alzheimer's and Dementia: January 25, 9:30 am

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, plus current treatments and research to address some symptoms.

Know the Signs – 10 Warning signs of Alzheimer's: February 22, 9:30 am

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Learn about the 10 warning signs that should trigger a visit to a doctor and tips on how to begin a conversation about memory concerns. Early detection of Alzheimer's disease provides a chance to begin drug and lifestyle therapy for symptoms, enroll in clinical studies, and plan for the future.

Healthy Living for Brain and Body: Tips from the Latest Research: March 22, 9:30 am

For centuries, we've known that the health of the brain and 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 the effects of diet and nutrition, exercise, cognitive activity and social engagement. Hands-on planning tool provided.

Effective Communication Strategies: April 26, 9:30 am

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect. We will provide tips to help you communicate effectively with individuals who may be experiencing Alzheimer's disease or another form of dementia.



Presenter: Connie Storms

Connie Storms is the Program Manager for Marion, Lake, and Sumter Counties, Alzheimer's Association. Connie's background includes degrees in Nutrition and Nonprofit Management and over 20 years of work with human service or faith-based organizations. She was a caregiver for a parent with Alzheimer's disease for over 10 years so she has a special place in her heart for caregivers and family members of people living with dementia.