

## Educational Offerings: May-June 2017

*Organized alphabetically by county and by the presentation date within each county.*

### Benton County:

#### Living with Alzheimer's for Caregivers – Early Stage

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? Join us to hear 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. Open to the public and free of charge. DSHS approved CE's available upon request. **RSVP to Joan Acres @ 509.713.3390.**

**5/18/2017; 1:00 pm – 4:00 pm.** Kadlec Healthplex Sycamore Room, 1268 Lee Blvd., Richland, WA 99352.

#### Living with Alzheimer's for Caregivers – Middle Stage

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. Open to the public and free of charge. DSHS approved CE's available upon request. Box lunch provided for those registered. **RSVP to Joan Acres @ 509.713.3390.**

**6/29/2017; 9:00 am – 4:00 pm.** Kadlec Healthplex Sycamore Room, 1268 Lee Blvd., Richland, WA 99352.

### Columbia County:

#### Staying Connected – For People with Early Stage Memory Loss and their Care Partner

Did you know that staying socially active and keeping your mind engaged can benefit your mood and memory? In this four week program, participants learn: how to cope and live with having early memory loss, strategies to stay involved in enjoyable activities, and how to talk about memory loss with friends and family. Open to the public and free of charge. **Partner and Pre-registration is required. RSVP to Aging and Long Term Care @ 509.382.4787 for more information.**

**5/10/2017. Dayton, WA 99328.**

**5/17/2017. Dayton, WA 99328.**

**5/24/2017. Dayton, WA 99328.**

**5/31/2017. Dayton, WA 99328.**

### Grant County:

#### Effective Communication Strategies

Improving communication with persons with dementia can lead to a decrease in dementia-related behaviors and distress and to improved quality of life for both care recipient and care partner. This class will help participants learn to understand and enter the world of the person with dementia and implement techniques for improving communication. It will also provide a brief overview of dementia basics. Open to the public and free of charge. DSHS approved CE's available upon request. **RSVP to Joan Acres @ 509.713.3390.**

**6/22/2017; 5:30 pm – 7:30 pm.** McKay Health Care & Rehab, 127 – 2<sup>nd</sup> Avenue SW, Soap Lake, WA 98851.

### King County:

#### Staying Connected – For People with Early Stage Memory Loss and Their Care Partners

Staying socially active and engaged can benefit your mood and memory. In four weeks you and your partner learn: how to cope and live with early memory loss, strategies for enjoyable pastimes, and how to communicate memory loss to others. Open to the public and free of charge. **Partner and pre-registration is required @ 206.529.3870.**

**5/2/2017** Daystar Retirement Village, 2615 SW Barton St., Seattle, WA 98126.

**5/4/2017** Horizon House, 900 University St., Seattle, WA 98101.

## King County (continued):

### Living with Alzheimer's for Caregivers – Late Stage, Part 1

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this 2-part series and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families. Part 1 includes: Symptoms of late stage, the "self" of the person with Alzheimer's, changes in the caregiving role, communication changes, physical changes, and working with doctors. Open to the public and free of charge.

**5/3/2017, 10:00 am – 11:30 am.** Iora Primary Care Shoreline, 15214 Aurora Avenue North, Shoreline, WA 98133.

### Healthy Living for Your Brain and Body

Science is now able to provide insights to optimize our physical and cognitive health as we age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement for healthy aging. Open to public and free of charge.

**5/3/2017; 5:30 pm – 6:30 pm.** Muckleshoot Elders In-Home Support Services, Muckleshoot Health & Wellness Conference Room, 17800 SE 392<sup>nd</sup> St., Auburn, WA 98092.

**5/15/2017; 10:00 am – 11:00 am.** The Hearthstone, 6720 E Green Lake Way N., Seattle, WA 98103.

**5/23/2017; 1:00 pm – 2:00 pm.** Wallingford Community Senior Center, 4649 Sunnyside Ave N, Suite 140, Seattle, WA 98103. RSVP @ 206.461.7825.

**5/26/2017, 6:30 pm – 7:30 pm.** Columbia Gardens at Rainier Court, 3610 – 33<sup>rd</sup> Avenue South, Seattle, WA 98144. RSVP to Debbie @ 206-258-2104.

### Living with Alzheimer's for Caregivers – Late Stage, Part 2

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this 2-part series and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families. Part 2 includes: Resources for care, "the promise" and making a move, monitoring care, legal plans, efforts at life extension, and end-of-life issues. Open to the public and free of charge.

**5/24/2017; 10:00 am – 11:30 am.** Iora Primary Care Shoreline, 15214 Aurora Avenue North, Shoreline, WA 98133.

### Living with Alzheimer's for Caregivers – Middle Stage, Part 2

A continuation of the middle stage, the topics include: behavior changes, medication management, home safety, driving, living alone, and wandering. Part 2 includes: Behavior changes, medication management, home safety, driving, living alone, and wandering. Open to the public and free of charge. RSVP to Charlene @ 425.688.5806.

**5/25/2017; 2:00 pm – 3:30 pm.** Sponsored by Overlake Hospital @ Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue, WA 98007.

### Effective Communication Skills

This workshop offers tips on how to have honest and caring conversations with family members about three difficult topics: going to the doctor, deciding when to stop driving, and making legal and financial plans. Open to the public and free of charge.

**5/18/2017; 9:30 am – 11:00 am.** Tukwila Community Center, 12424 – 42<sup>nd</sup> Avenue S., Tukwila, WA 98168. Reservations @ 206-767-2321.

**6/5/2017.** Giving Care, Taking Care Conference @ Tukwila Community Center, 12424 – 42<sup>nd</sup> Avenue S., Tukwila, WA 98168.

### Living with Alzheimer's for Caregivers – Middle Stage, Part 3

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 stage of Alzheimer's. Part 3 includes: Day services, in-home care services, senior living options, and caregiver needs. RSVP to Charlene @ 425.688.5806.

**6/22/2017; 2:00 pm – 3:30 pm.** Sponsored by Overlake Hospital @ Bellevue Family YMCA, 14230 Bel-Red Road, Bellevue, WA 98007.

**For more information, visit our online Chapter calendar at [www.alzwa.org](http://www.alzwa.org) or contact Chris Louie at 206.529.3884**

## Kitsap County:

### The Basics

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. Open to the public and free of charge. RSVP to Kitsap County Aging & Long term Care @ 360.337.7068.

**6/13/2017; 3:00 pm – 5:00 pm.** Kitsap County Aging & Long Term Care @ Village Green Community Center, 26159 Dulay Road NE, Kingston, WA 98346.

## Kittitas County:

### Staying Connected – For People with Early Stage Memory Loss and Their Care Partner

Staying socially active and engaged can benefit your mood and memory. In four weeks you and your partner learn: how to cope and live with early memory loss, strategies for enjoyable pastime, and how to communicate memory loss to others. Open to the public and free of charge. **Partner and pre-registration is required. RSVP to Aging and Long Term Care @ 509.382.4787 for more information.**

**6/9/2017. Ellensburg, WA 98926.**

**6/16/2017. Ellensburg, WA 98926.**

**6/23/2017. Ellensburg, WA 98926.**

**6/30/2017. Ellensburg, WA 98926.**

## Kootenai County :

### The Basics

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. Open to the public and free of charge. 2 DSHS CEs are available upon request for a \$20 processing fee. RSVP to 208.666.2996, ext. 8314.

**5/23/2017; 6:30 pm – 8:30 pm.** Hayden Public Library, 8385 N. Government Way, Hayden, ID 83835.

## Pierce County:

### Know the 10 Signs

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. Open to the public and free of charge. RSVP to Joanna @ 253-756-6219.

**6/2/2017, 2:00 pm – 3:00 pm.** Franke Tobey Jones, 5340 N Bristol St., Tacoma, WA 98407.

### Healthy Living for Your Brain and Body

Science is now able to provide insights to optimize our physical and cognitive health as we age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement for healthy aging. Open to public and free of charge. RSVP to Joanna @ 253-756-6219.

**6/9/2017, 2:00 pm – 3:00 pm.** Franke Tobey Jones, 5340 N Bristol St., Tacoma, WA 98407.

## Skaqit County:

### Know the 10 Signs

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. Open to the public and free of charge. RSVP to Kelsey @ 360-299-1309.

**6/6/2017, 2:00 pm – 3:00 pm.** Island Hospital, 1211 – 24<sup>th</sup> Street, Anacortes, WA 98221.

## [Snohomish County:](#)

### Healthy Living for Your Brain and Body

Science is now able to provide insights to optimize our physical and cognitive health as we age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement for healthy aging. Open to public and free of charge. No RSVP required.

**5/9/2017; 2:00 pm – 3:00 pm.** Warm Beach Senior Community, 20420 Marine Drive, Stanwood, WA 98292.

**5/11/2017; 2:00 pm – 3:00 pm.** Meadow Park, 1611 128<sup>th</sup> St. SW, Everett, WA 98204.

**5/12/2017; 1:30 pm – 2:30 pm.** Lynn Crest, 4629 194<sup>th</sup> St. SW, Lynnwood, WA 98036.

### Know the 10 Signs

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. Open to the public and free of charge. No RSVP required.

**5/13/2017; 2:00 pm – 3:00 pm.** Everett Public Library, 2702 Hoyt Avenue, Everett, WA 98201.

## [Spokane County:](#)

### Living with Alzheimer's for Early-Stage Caregivers – Parts 1, 2, and 3

When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way. Complimentary lunch provided by Riverview Retirement Community. Open to the public and free of charge. RSVP required @ 800.272.3900.

### Staying Connected – Early Stage Memory Loss Group

Did you know that staying socially active and keeping your mind engaged can benefit your mood and memory? In this four week program, participants learn: how to cope and live with having early memory loss, strategies to stay involved in enjoyable activities, and how to talk about memory loss with friends and family. Open to the public and free of charge. **Pre-registration is required @ 509.456.0456, ext. 8314.**

**5/3/2017** Alzheimer's Association 1403 S. Grand Blvd., STE 202S, Spokane, WA 99203.

**5/10/2017** Alzheimer's Association 1403 S. Grand Blvd., Spokane, WA 99203.

**5/17/2017** Alzheimer's Association 1403 S. Grand Blvd., Spokane, WA 99203.

### Know the 10 Signs

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. Dinner will be provided by **Edward Jones**. Open to the public and free of charge. RSVP not required.

**5/9/2017; 1:00 pm – 3:00 pm.** Indian Trail Library, 4909 W. Barnes Road, Spokane, WA 99208.

## [Walla Walla County:](#)

### Living with Alzheimer's for the Caregiver, Middle Stage

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. Open to the public and free of charge. DSHS approved CE's available upon request. **RSVP to Joan Acres @ 509.713.3390. Bring your own lunch, but beverages and snacks will be provided.**

**6/15/2017; 9:00 am – 4:00 pm.** Wheatland Village, 1500 Catherine Street, Walla Walla, WA 99362.