

# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



Join us on the "Fourth Thursday"  
in February, March and April 2021 for  
these online education programs.

**Healthy Living for Your Brain and Body**  
Thurs., Feb. 25 | 6-7 p.m. | [Register](#)

**10 Warning Signs**  
Thurs., Mar. 25 | 6-7 p.m. | [Register](#)

**Effective Communication Strategies**  
Thurs., Apr. 22 | 6-7 p.m. | [Register](#)

Get empowered and educated. Take advantage of  
online webinars from the comfort and safety of  
home.

Registration is required. Click a "register" link, visit  
[alz.org/crf](http://alz.org/crf) or call the Alzheimer's Association 24/7  
Helpline at 800.272.3900.

For information about other Alzheimer's Association  
Delaware Valley Chapter programs and services,  
visit [alz.org/delval](http://alz.org/delval).



**TO REGISTER, CALL 800.272.3900 OR  
VISIT US ONLINE AT ALZ.ORG/CRF.**

# JOIN US ONLINE

## PROGRAM DESCRIPTIONS

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### **COVID-19 and Caregiving**

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility or care providers are coming into the home.

### **Dementia Conversations**

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

### **Effective Communications Strategies**

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

### **Healthy Living for Your Brain and Body**

Science is able to provide insights into how 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, and use incorporate these recommendations into a plan for healthy aging.

### **Legal and Financial Planning**

A dementia diagnosis makes planning for the future more important than ever. Join us to learn about needed legal documents, finding legal and financial assistance, practical strategies for making long-term care plans, tax deductions and more.

### **Understanding and Responding to Dementia-Related Behavior**

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

### **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. The program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

### **Understanding Alzheimer's and Dementia**

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

**TO REGISTER OR LEARN MORE,  
CALL 800.272.3900 OR ONLINE  
AT [ALZ.ORG/CRF](https://www.alz.org/crf).**