

EDUCATION CALENDAR

NORTHERN COLORADO

January – March 2020

Registration is required for all classes.

To register for the in-person classes listed below, visit: alz.org/co or call 800-272-3900.

To take a free online class, visit: alz.org/training.

You can reach the local office at (970)472-9798 x9622 or mbrown2@alz.org

KNOW THE 10 SIGNS– EARLY DETECTION MATTERS

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, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

Estes Park	Tuesday February 11	1:00 pm– 2:30 pm	Good Samaritan 1901 Ptarmigan Trail 80517
Loveland	Wednesday March 11	1:30 pm– 3:30 pm	Medical Center of the Rockies 2500 Rocky Mountain Ave. 80538

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, disease stages and risk factors, current research and treatments to address some symptoms and Alzheimer's resources

Steamboat	Tuesday January 14	4:00 pm– 5:30 pm	UCH 1024 Central Park Dr. 80487
Estes Park	Wednesday February 26	2:00 pm–3:30 pm	Estes Valley Community Center 660 Community Dr. 80517

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Understanding and Responding to Dementia-Related Behavior

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.

Ft. Collins	Thursday January 9	6:30 pm– 8:00 pm	Redeemer Lutheran Church 7755 Greenstone Trail 80525
Ft. Collins	Thursday March 26	5:30 pm– 7:00 pm	Brookdale 1008 Rule Dr. 80525

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.

Ft. Collins	Tuesday March 10	Noon– 1:30 pm	Ft. Collins Senior Center 1200 Raintree Dr. 80526
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HEALTHY LIVING FOR YOUR BRAIN AND BODY– Tips from the latest research

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 optimize our physical and cognitive health as we age. Join us to learn about the 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.

Ft. Collins	Tuesday January 7	1:00 pm- 2:30 pm	Ft. Collins Senior Center 1200 Raintree Dr. 80526
Loveland	Tuesday January 14	3:00 pm– 4:30 pm	Chilson Center 700 E. 4th St. 80537
Estes Park	Thursday January 16	12:00 pm– 1:30 pm	Estes Park Senior Center 1760 Olympian Ln. 80517
Loveland	Wednesday February 12	2:00 pm- 3:30 pm	The Wexford 1515 W. 28th St. 80538

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Living with Alzheimer's: For People with Early Stage Alzheimer's and their Care Partner's

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kind of plans need to be made? What resources are available to help? Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

Ft. Collins	Tuesday March 17	4:00 pm- 6:00 pm	Alzheimer's Association 415 Peterson St. 80524
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Living with Alzheimer's: For Middle Stage Caregivers

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 disease.

Ft. Collins	Tuesday March 24	4:00 pm- 6:00 pm	Alzheimer's Association 415 Peterson St. 80524
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Living with Alzheimer's: For Late Stage Caregivers

In the late stage of Alzheimer's disease, caregiving involves new ways of connecting and interacting with the person with the disease. Join us to hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

Ft. Collins	Tuesday March 31	4:00 pm- 6:00 pm	Alzheimer's Association 415 Peterson St. 80524
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