

# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association® - Hawaii



## **Intro to Alzheimer's Disease - Getting Connected with Alzheimer's Association**

Wednesday, July 29, 10-11:30 a.m. | Register by email to [jmishan@hawaii.rr.com](mailto:jmishan@hawaii.rr.com)

Thursday, August 20, 5:30-7 p.m. | [Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Christine Spencer at 808.518.6649 or email [cespencer@alz.org](mailto:cespencer@alz.org).

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

Thursday, July 16, 5:30-7 p.m.

Register by phone: 800.272.3900

Questions? Contact Christine Spencer at 808.518.6649 or email [cespencer@alz.org](mailto:cespencer@alz.org).

Thursday, July 29, 10-11:30 a.m.

Register by phone: 800.272.3900

Questions? Contact Tonya Hammond-Tullis at 808.518.6651 or email [tshammondullis@alz.org](mailto:tshammondullis@alz.org).

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

Thursday, July 23, 5:30-7 p.m. | [Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Tonya Hammond-Tullis at 808.518.6651 or email [tshammondullis@alz.org](mailto:tshammondullis@alz.org).

## **10 Warning Signs of Alzheimer's**

Thursday, July 29, 5:30-7 p.m. | [Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Christine Spencer at 808.518.6649 or email [cespencer@alz.org](mailto:cespencer@alz.org).

Wednesday, August 19, 10-11:30 a.m.

Register by phone: 800.272.3900

Questions? Contact Tonya Hammond-Tullis at 808.518.6651 or email [tshammondullis@alz.org](mailto:tshammondullis@alz.org).

Wednesday, August 19, 10-11:30 a.m. | Register by email to [jmishan@hawaii.rr.com](mailto:jmishan@hawaii.rr.com)

## **Brain Health Lunch Time Series**

Thursday, July 30, Noon-1 p.m. | [Register Online](#)

Thursday, August 27, Noon-1 p.m. | [Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Christine Spencer at 808.518.6649 or email [cespencer@alz.org](mailto:cespencer@alz.org).

## **Living with Alzheimer's for Care Partners: Middle Stage**

Thursday, August 6, 5:30-7 p.m. | [Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Christine Spencer at 808.518.6649 or email [cespencer@alz.org](mailto:cespencer@alz.org).

## **Effective Communication Strategies**

Friday, July 24, 2-3:30 p.m. | [Register Online](#)

Thursday, August 13, 5:30-7 p.m. | [Register Online](#)

Register by phone: 800.272.3900

Questions? Email [alohainfo@alz.org](mailto:alohainfo@alz.org).

## **Living with Alzheimer's for Younger Onset**

Wednesday, August 19, 10-11:30 a.m. | [Register Online](#)

Register by phone: 800.272.3900

Questions? Email [alohainfo@alz.org](mailto:alohainfo@alz.org).

## **Dementia Conversations with Ohana Care**

Wednesday, August 26, 5:30-7 p.m. | [Register Online](#)

Register by phone: 800.272.3900

Questions? Contact Christine Spencer at 808.518.6649 or email [cespencer@alz.org](mailto:cespencer@alz.org).

## **Legal Planning for Alzheimer's Disease**

Friday, August 28, 2-3:30 p.m.

Register by phone: 800.272.3900

Questions? Contact Humberto Blanco at 808.518.6655 or email [hblanco@alz.org](mailto:hblanco@alz.org).

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

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Program descriptions on back. Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

# JOIN US ONLINE/BY PHONE SUPPORT GROUPS

Presented by the Alzheimer's Association® - Hawaii



## HAWAII ISLAND SUPPORT GROUPS

For information or to register for any of our Hawaii Island Support Groups, please call 800.272.3900. Questions? Contact us at 808.591.2771 or email [alohainfo@alz.org](mailto:alohainfo@alz.org).

### Hawaii Island Wide Support Group

Every Wednesday, 10-11 a.m.

### Hilo Support Group

2nd Tuesday of the month, 10-11 a.m.

### Regency Kona Support Group

2nd Saturday of the month, 11 a.m.-Noon

## KAUAI SUPPORT GROUPS

For information or to register for any of our Kauai Support Groups, please call 800.272.3900. Questions? Contact Humberto Blanco at 808.518.6655 or email [hblanco@alz.org](mailto:hblanco@alz.org).

### Princeville Support Group

2nd Thursday of the month, 2-3 p.m.

### Lihue Support Group

3rd Thursday of the month, 2-3 p.m.

### Westside Support Group

4th Thursday of the month, 1:30-2:30 p.m.

### Regency at Puakea Support Group

Last Tuesday of the month, 5-6:30 p.m.

## MAUI COUNTY SUPPORT GROUP

For information or to register for our Maui Support Group, call 800.272.3900. Questions? Contact Christine Spencer at 808.518.6649 or email [cespencer@alz.org](mailto:cespencer@alz.org).

### Maui Caregiver Support Group

Once a month, Tuesdays 5:30-7 p.m.

2020: July 21, August 18, September 15, October 20, November 17, December 15

## OAHU SUPPORT GROUPS

For information or to register for any of our Oahu Support Groups, call 800.272.3900. Questions? Contact Tonya Hammond-Tullis at 808.518.6651 or email [tshammondullis@alz.org](mailto:tshammondullis@alz.org).

### Aiea Support Group

3rd Monday of the month, 7-9 p.m.

### Kailua/Kaneohe Support Group

3rd Tuesday of the month, 5:30-7 p.m.

### Makiki Support Group

4th Thursday of the month, 10-11:30 a.m.

### Niu Valley/East Oahu

2nd Monday of the month, 7-9 p.m.

### Mililani Support Group

3rd Wednesday of the month, 6:30-8 p.m.

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# JOIN US ONLINE

## PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association® - Hawaii

### **Brain Health Lunch Time Series**

The Brain Health Lunch Time Series is a chapter developed program with the University of Hawaii at Manoa Cooperative Extension. The program shares research, tips, and strategies for promoting brain health. Each month features a new topic based on the 10 Ways to Love Your Brain. The class meets once a month from Jan-June each year on the last Thursday of each month from 12-1 pm. This is the fifth year of the program and it is now being offered online. Upcoming class topics are "Challenge Your Brain" and "The Power of Learning" Participants are encouraged to bring their own lunch and learn about brain health.

### **Dementia Conversations**

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning is an education workshop offered by the Alzheimer's Association that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved.

### **Effective Communications 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.

### **Introduction to Alzheimer's Disease: Get Connected**

This program will briefly touch on a range of topics including the impact of Alzheimer's, risk factors and warning signs, resources and how you can join the fight against the disease. It will also share information on how to connect with the Alzheimer's Aloha Chapter support services, education programs and events.

### **Legal and Financial Planning**

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer's Disease is an interactive two-part program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia. Topics covered will include: Making legal plans that fit your needs; Legal documents you'll need and what they mean for all of you; How to find legal and financial assistance; Practical strategies for making a long-term plan of care; Tax deductions and credits; and Government programs that can help pay for care.

### **Program: Living with Alzheimer's: For Caregivers – Middle-Stage**

Provide information, tools and strategies to help caregivers provide optimal care, maximize quality of life and make informed decisions when providing care and/or monitoring care provided by others. It also supports the need for the caregiver to get assistance with care provision and to safeguard his or her own health.

### **Program: Living with Alzheimer's: For Caregivers – Late-Stage**

Provide information, and tools caregivers need to help support the individual living in the late stage of Alzheimer's. Program addresses issues related to care options, palliative care and the end of life.

### **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 memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

The free one-hour program:

- › Explores typical age-related changes.
- › Describes common signs of Alzheimer's and dementia.
- › Offers tips for how to approach someone about memory concerns.
- › Explains the importance of early detection and benefits of diagnosis.
- › Details possible tests and assessments for the diagnostic process.
- › Identifies helpful 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,  
PLEASE CALL 800.272.3900 OR ONLINE AT  
ALZ.ORG/CRF**

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Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.