

# Delaware Valley Chapter Webinars



No one should face dementia alone. Join us for our May series of virtual programming. All webinars are free and open to the public.

Register today to attend by phone or online.

For more information about Alzheimer's Association programs and services, contact the 24/7 Helpline: 800.272.3900.

## **Wednesday, May 6, 2020 — Understanding Alzheimer's and Dementia**

*Attend to learn the basics of Alzheimer's and dementia. Explore what happens in a brain impacted by the disease and understand risk factors and three general disease stages. Learn about FDA-approved medications for treating symptoms, hear about the latest research and become familiar with Alzheimer's Association resources.*

6:00-7:30 PM — [Register](#)

## **Wednesday, May 13, 2020 — 10 Warning Signs of Alzheimer's**

*This program will help people recognize common signs of the disease. We'll explore typical age-related changes, explain the importance of early detection and the benefits of diagnosis, and identify helpful Alzheimer's Association resources.*

6:00-7:30 PM — [Register](#)

## **Saturday, May 16, 2020 — Dementia Conversations**

*When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address common issues. Topics include going to the doctor, deciding when to stop driving and making legal and financial plans.*

4:00-5:30 PM — [Register](#)

## **Tuesday, May 19, 2020 — Healthy Living for Your Brain and Body**

*Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and tools to incorporate these recommendations into a plan for healthy aging.*

6:30-8:00 PM — [Register](#)

## **Wednesday, May 20, 2020 — Understanding and Responding to Dementia-Related Behavior**

*Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs. However some behaviors can present challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers and learn strategies to help manage some of the most common behavioral challenges of dementia.*

2:00-3:30 PM — [Register](#)

## **Wednesday, May 27, 2020 — Effective Communication Strategies**

*Attend to understand how persons with dementia communicate using attitude, tone, facial expression and body language. Learn to decode verbal and behavioral messages and connect in new ways.*

11:00 AM-12:30 PM — [Register](#)