

EDUCATION CALENDAR

JULY 1, 2006 TO JUNE 30, 2007

This calendar lists educational opportunities for:

- The person with memory loss (see “Redefining Me” below)
- Families of someone with memory loss (see pages 2, 3, and 4 of this calendar)
- Professionals in the healthcare industry (see pages 5 and 6 of this calendar)

Educational opportunities for you, the person experiencing memory loss

● Redefining Me ●

A discussion about the process of diagnosis, risk factors, symptoms revealed in the disease, and current treatments. This series is for newly diagnosed, early stage individuals.

You are welcome to bring your family.

Part I: What Alzheimer's Means

Part II: Taking Control

Part III: Changing Relationships

Part IV: Finding Meaning

Tuesdays

September 12 through October 3, 2006
Main Chapter Office
3846 W. 75th Street
Prairie Village, KS
11:00 a.m. – 12:00 p.m.

Mondays

March 30 through April 20, 2007
Brookdale Foxwood Springs
Retirement Community
Bromwell Lounge
1500 W. Foxwood Drive
Raymore, MO
10:00 – 11:00 a.m.

Thursdays

April 5 through April 26, 2007
Topeka, KS
11:00 a.m. – 12:00 p.m.
Contact Northeast Kansas
Regional Office at
785-234-2523 for details

* In addition to the education classes for individuals in the early stage of the disease, there are also support groups as well as early stage empowerment groups available in some areas. If you would like a list of support groups, please call 913-831-3888.



All educational opportunities are free of charge unless otherwise noted. If you have any questions or would like to register for any of the offerings listed on this education calendar, please call the Heart of America Chapter Office nearest you:

Main Office
3846 W. 75th St.
Prairie Village, KS 66208
913.831.3888
913.831.1916 fax

**Midtown
Satellite Office**
6400 Prospect
West Building
Kansas City, MO 64132
816.361.6604
816.361.6627 fax

**Northeast Kansas
Regional Office**
4125 SW Gage Center Dr.
Lower Level
Topeka, KS 66604
785.234.2523

**Northwest Missouri
Regional Office**
10th and Faraon
St. Joseph, MO 64501
816.364.4467
816.364.2553 fax

**Southeast Kansas
Regional Office**
2601 Gabriel
Parsons, KS 67357
620.421.6550 ext. 1794
620.421.0671 fax

Website: www.alz-heartofamerica.org

24-hour Information and Support Line: 800.272.3900

This education brochure, as well as support for specific education events, is made possible because of grants, donations and sponsorship by committed partners in our service area. To those partners we express sincere appreciation for their acknowledgement of the importance of disease education.

Educational opportunities for families of loved ones with memory loss issues

● **All About Alzheimer's Disease** ●

A program for all individuals interested in memory loss issues. Discussion will focus on general disease information including diagnosis, stages, risk factors, current treatments and interventions.

July 6, 2006

4-H Building, Columbus, KS

5:30 – 6:30 p.m.

July 21, 2006

Belton Senior Center

16400 Mullen Road, Belton, MO

10:30 – 11:30 a.m.

October 17, 2006

Community Conference Center

Cloud County Community College

2221 Campus Drive, Concordia, KS

5:30 – 8:00 p.m.

March 1, 2007

Carrollton Senior Center

200 Life Care Lane, Carrollton, MO

6:30 – 8:00 p.m.

March 27, 2007

Clinton Senior Center

970 East Sedalia, Clinton, MO

6:30 – 8:00 p.m.

● **The Family Series** ●

A 6-part course focusing on some of the most common topics around caring for someone with Alzheimer's disease or other dementias. Individuals are welcome to come for whichever topics are of concern.

Part I – What Can I Expect?

An overview of Alzheimer's disease including diagnosis, stages and family experiences.

Part II – I don't need any help

A discussion of managing activities of daily living including task breakdown, provision of care and other issues associated with bathing, toileting, dressing, taking medication and feeding.

Part III – He just sits around all day

Explores the role of activities and structure for the person with Alzheimer's disease including suggestions on activities and options to maximize strengths.

Part IV – Is she on too many medications?

Discusses the concerns and appropriate benefits of commonly prescribed medications in the care of the person with Alzheimer's disease.

Part V – I can't do this anymore

Discusses the dilemma and issues around the placement decision. Covers options, resources and the decision making process.

Part VI – I should, I ought, I have to...

Covers the guilt that typically goes along with the role of caregiver as well as the impact guilt has on caretaking.

Thursdays

July 27 through August 31, 2006

Bickford House

9110 East 63rd Street

Raytown, MO 64133

6:30 – 8:00 p.m.

Wednesdays

October 11 through November 15, 2006

Southview Day Services

1701 S. 45th

Kansas City, KS 66106

12:30 – 2:00 p.m.

Thursdays

June 7 through July 12, 2007

Research Medical Center, Meeting Room 1

2613 E. Meyer Blvd.

Kansas City, MO

1:30 – 3:00 p.m.

● **Maintain Your Brain** ●

A program that emphasizes the growing evidence that lifestyle can affect an individual's brain health and risk for dementia.

July 27, 2006

Living Community of St. Joseph
1202 Heartland Road
St. Joseph, MO 64056
1:00 – 3:00 p.m.

● **Growing Through Grief** ●

A discussion about the most common feelings that accompany the loss experience, the ways they complicate the healing process, and the process of coping.

Part I – The Five Tasks of Griefwork

Discusses the 5 tasks that contribute to finding one's way through loss experiences based on Howard Clinebell's work, adapted to the unique features of the Alzheimer's experience. This is for families currently going through the disease as well as those who have loved ones who have already passed away.

Part II – The Big Three: Fear, Anger & Guilt

A discussion about the most common feelings that accompany the grief experience and the ways they can complicate the healing experience.

Part III – The Changes and Constancy of the Relationship

A discussion about the changes and sameness that are present in the relationship between the person with the disease and the care partner. The discussion examines the role of perspective on both coping with those changes as well as reviewing the changes.

Part IV – Holding On and Letting Go

This session explores the journey of making peace with what is lost.

Tuesdays

September 12 through October 3, 2006
Main Chapter Office
3846 W. 75th Street
Prairie Village, KS 66208
4:00 – 5:00 p.m.

● **Redefining Me** ●

A discussion about the process of diagnosis, risk factors, symptoms revealed in the disease, and current treatments. Series explores the steps that the person with the disease can take to reduce the distress that can occur throughout the Alzheimer's journey. This series is for the person who is newly diagnosed and in the early stage of the disease and their accompanying family members.

Part I: What Alzheimer's Means

Part II: Taking Control

Part III: Changing Relationships

Part IV: Finding Meaning

Tuesdays

September 12 through October 3, 2006
Main Chapter Office
3846 W. 75th Street, Prairie Village, KS
11:00 a.m. – 12:00 p.m.

Mondays

March 30 through April 20, 2007
Brookdale Foxwood Springs Living Community
Bromwell Lounge, 1500 W. Foxwood Drive
Raymore, MO
10:00 – 11:00 a.m.

Thursdays

April 5 through April 26, 2007
11:00 a.m. – 12:00 p.m.
Call Northeast Kansas Regional Office at
785-234-2523 for location

● **ABC's – Alzheimer's Basic Care** ●

An overview of the disease process — how family caregivers can work with the individual experiencing the disease. Additional topics covered include communication, behaviors, and feelings.

Part I: Disease Overview & Community Resources

Part II: Legal Seminar

5:30 – 8:00 p.m.

Mondays

September 11 and September 18, 2006
Trinity Presbyterian Church, Fellowship Hall
4746 SW 21st
Topeka, KS

March 12 and March 19, 2007

Topeka, KS — Call Northeast Kansas Regional
Office at 785-234-2523 for details

● Legal Issues ●

This session explores the various legal concerns and needs that arise throughout the course of the disease. Issues include durable power of attorney, guardianship, conservatorship, patient rights, division of assets and living wills.

December 7, 2006

Central Resource Library
9875 West 87th
Overland Park, KS
4:00 – 5:30 p.m.

May 3, 2007

Research Medical Center, Meeting Room 1
2613 E. Meyer Blvd., Kansas City, MO
10:30 a.m. – 12:00 p.m.

● Caregiver Conferences & Workshops ●

November 1, 2006

Defining Hope: The Family Conversation

Speaker David Troxel is a widely recognized expert on the best practices in Alzheimer's care and author of several books including "The Best Friends Approach." He will talk with families about maintaining loving relationships throughout the disease and avenues to support quality of life.

Topeka and Shawnee County Library
1515 SW 10th, Topeka, KS
5:30 – 7:00 p.m.

November 9, 2006

Creating Caring Communities

A program for all individuals interested in memory loss issues. Discussion will focus on general disease information, stages, risk factors, current treatments and interventions.

North Central Missouri College
1301 Main Street
Trenton, MO
9:00 a.m. – 12:00 p.m.

April 20, 2007

Caregiver's Conference

North Community Building
505 North Buckeye, Iola, KS
9:00 a.m. – 3:00 p.m.
Contact Southeast Kansas Regional Office at 620-421-6550 ext. 1794 for details

April 28, 2007

Caregiver's Conference
St. Joseph Medical Center
Community Center for Health and Education
Kansas City, MO
Contact Main Chapter Office at 913-831-3888 for details

May 8, 2007

Caregiver's Forum
First Christian Church, 10th and Faraon, St. Joseph, MO
9:00 a.m. – 12:00 p.m.
Contact Northwest Missouri Regional Office at 816-364-4467 for details

● Eating, Drinking & Alzheimer's Disease ●

This session focuses on the special considerations around eating and hydration as it relates to Alzheimer's disease. Implications throughout the stages of the disease and supportive measures to sustain good nutrition will be discussed.

October 4, 2006

Clinton Senior Center, 970 East Sedalia, Clinton, MO
5:00 – 6:00 p.m.

● In Search of a Better Visit ●

Maintaining connections is a key element in quality of life. This session explores perspectives and tips on continuing positive visits even during the later stages of the disease.

December 12, 2006

Main Chapter Office
3846 W. 75th Street, Prairie Village, KS
7:00 – 8:00 p.m.

● Alzheimer's & Aging with Intellectual Disabilities ●

An overview of how Alzheimer's disease manifests in a person with intellectual disabilities such as Down's Syndrome.

April 17, 2007

Topeka, KS — Call Northeast Kansas Regional Office at 785-234-2523 for details
9:00 a.m. – 12:45 p.m.

Educational opportunities for professionals

● Building Effective Skills Training ●

A 6-hour course designed specifically for nursing assistants in long term care and community settings. Participants will receive certificates of attendance.

8:30 a.m. – 3:30 p.m., Cost: \$25.00

August 22, 2006

Research Medical Center, Level B, Classroom L
2613 E. Meyer Blvd., Kansas City, MO

August 22, 2006

Northeast Kansas Regional Office
515 S. Kansas, Topeka, KS

October 12, 2006

Community Building, 320 E. Maple, Columbus, KS

October 12, 2006

Ruiz Library, 2017 W. Pennway, Kansas City, MO
(Will be presented entirely in Spanish)

November 7, 2006

Research Belton Hospital, Community Room
Belton, MO

February 20, 2007

Main Chapter Office
3846 W. 75th Street, Prairie Village, KS

May 8, 2007

Cray Manor, 1301 N. 2nd, Atchison, KS

May 15, 2007

St. Lukes, Northland
Barry Medical Park Bldg., South Conference Room
5830 Northwest Barry Road, Kansas City, MO

● Building Creative Dementia Caregivers: A Train the Trainer Approach ●

This program is geared toward individuals in facilities/agencies that are charged with educating others about the illness.

9:00 a.m. – 3:00 p.m.

Cost: \$65.00 per person, \$40.00 for each additional person from the same organization. Participants will receive a dementia training manual and certificate of attendance.

October 3, 2006

Main Chapter Office, 3846 W. 75th Street
Prairie Village, KS

January 10, 2007

Topeka Presbyterian Manor, Multipurpose Room
4712 Southwest 6th Avenue
Topeka, KS

June 13, 2007

First Christian Church, 10th and Faraon
St. Joseph, MO

● 6th Annual Defining Hope Conference ●

The presenter for this year is David Troxel, MPH, a widely recognized expert on the best practices in Alzheimer's care and author of several books including "The Best Friends Approach." Appropriate for all professionals working with individuals with Alzheimer's disease or other dementias and those who have interest in that population.

November 1, 2006

Topeka Historical Museum
6425 SW 6th Ave., Topeka, KS
9:00 a.m. – 2:45 p.m.

Cost: \$40.00 for the conference (\$50.00 for the conference and 4.5 CEU's)

● The Role of Activities in Culture Change ●

Activities play a significant role in quality of life, in understanding residents and in supporting capacity. This workshop discusses the philosophy behind activities and offers numerous examples of ways to incorporate these activities in day to day life. Each participant will receive a certificate of attendance.

January 25, 2007

Overland Park, KS
Contact Main Chapter Office at 913-831-3888 for location
9:00 a.m. – 4:00 p.m.
Cost: \$40.00

Joint Family & Professional Opportunities

A number of opportunities shown below are geared toward both family members and professionals. Some of these, listed on the Family Education page of this calendar, are geared toward family members but are open to professionals as well.

● All About Alzheimer's Disease ●

A program for all individuals interested in memory loss issues including general disease information and diagnosis.

July 6, 2006

4-H Building

114 W. Country Road, Columbus, KS

5:30 – 6:30 p.m.

July 21, 2006

Belton Senior Center, 16400 Mullen Road, Belton, MO

10:30 – 11:30 a.m.

October 17, 2006

Community Conference Center

Cloud County Community College

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5:30 – 8:00 p.m.

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200 Life Care Lane, Carrollton, MO

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March 27, 2007

Clinton Senior Center, 970 East Sedalia, Clinton, MO

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● Alzheimer's Basic Care (ABC's) ●

An overview of the disease process — how family and caregivers can work with the individual experiencing the disease.

Part I: Disease Overview & Community Resources

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5:30 – 8:00 p.m.

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Trinity Presbyterian Church, Fellowship Hall

4746 SW 21st, Topeka, KS

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Topeka, KS — Call Northeast Kansas Regional

Office at 785-234-2523 for details

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This session focuses on the special considerations around eating and hydration as it relates to Alzheimer's disease.

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Clinton Senior Center, 970 East Sedalia, Clinton, MO

5:00 – 6:00 p.m.

● Creating Caring Communities ●

A program for all individuals interested in memory loss issues including general disease information, diagnosis, stages, risk factors, current treatments and interventions.

November 9, 2006

North Central Missouri College

1301 Main Street, Trenton, MO

9:00 a.m. – 12:00 p.m.

● Alzheimer's and Aging with Intellectual Disabilities ●

A overview of how Alzheimer's manifests in persons experiencing intellectual disabilities such as Down's Syndrome.

April 17, 2007

Topeka, KS — Call Northeast Kansas Regional Office at 785-234-2523 for details.

9:00 a.m. – 12:45 p.m.

Cost \$25.00 for professionals

● Individualized In-house Training ●

The Alzheimer's Association also offers individualized in-house trainings for facilities and community agencies. Choose from more than 30 topics including disease overview, behavior issues, communications, promoting independence, and end of life issues. Contact Michelle Niedens at 913-831-3888 to schedule training.

Cost: \$100.00 for up to 4 hours

\$200.00 for 4 to 8 hours

If training is cancelled with less than 24 hour notice, a \$50.00 administrative charge will be billed to the facility. If training is cancelled or postponed after the trainer's arrival at the facility, \$100.00 will be charged based on the above fee schedule. Scholarships and reduced charges are available to facilities and agencies that are do not have education/training budgets sufficient to accommodate this fee policy.