

## 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.

**July 16, 11 a.m. to Noon**  
*in partnership with Shelter Rock Library*

**July 20, 3 to 4 p.m.**  
*in partnership with Connetquot Library*

## Dementia Conversations

The Dementia Conversations program is an education workshop 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 stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved. The program is one hour long. Intended for: Anyone that interacts with individuals living with Alzheimer's disease or another dementia.

**July 9, 11 a.m. to Noon**

## Effective Communication Strategies

This program explores how communication takes place when someone is living with Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The program is one hour long. Intended for: Anyone that interacts with individuals living with Alzheimer's disease or another dementia.

**July 2, 11 a.m. to Noon**  
*in partnership with Shelter Rock Library*

**July 22, 11 a.m. to Noon**

## Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about 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. The program is one hour long. Intended for: Anyone looking to age as well as possible.

**July 7, 11 a.m. to Noon**  
*in partnership with North Babylon Library*

**July 13, 11 a.m. to Noon**

**July 14, 1:30 to 2:30 p.m.**  
*in partnership with South Huntington Library*

**July 29, Noon to 1 p.m.**

## Legal and Financial Planning

If you or someone you know is affected by Alzheimer's disease or another dementia, planning for the future is important. Our experts will give an overview of pertinent legal documents such as wills, powers of attorney, and health care proxies, as well as an overview of financial issues and options like Medicare, Medicaid or veterans benefits. The program is two hours long. Intended for: Individuals and families impacted by Alzheimer's disease or another dementia. This introductory program is not a substitute for professional legal or financial advice.

**July 21, 1 to 3 p.m.**

*in partnership with East Hampton Library*

**July 22, 2 to 4 p.m. (presented in Spanish)**

## Living with Alzheimer's for Caregivers: Late Stage

When someone is diagnosed with Alzheimer's, friends and family have many questions. As the disease progresses, new questions reflect growing needs for skills, programs and services. Join us for this series of programs that provide answers to the questions that arise in the early, middle and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way. Intended for: Caregivers of someone living with Alzheimer's or another dementia, at the stage listed below.

**July 15, 11 a.m. to 1 p.m.**

*in partnership with Artis Senior Living of Commack*

## Understanding Alzheimer's and Dementia

This program covers the basics of Alzheimer's and dementia, explores their relationship, examines what happens in a brain affected by Alzheimer's, details the risk factors for and three general stages of the disease, identifies FDA-approved treatments available for symptom management, looks ahead to what's on the horizon for Alzheimer's research, and offers helpful Alzheimer's Association resources. The program is one hour long. Intended for: Anyone interested in learning more about dementia.

**July 8, 1 to 2 p.m.**

*in partnership with Artis Senior Living of Commack*

**July 23, Noon to 1 p.m.**

**July 30, 11 a.m. to Noon**

*in partnership with Shelter Rock Library*

## Understanding and Responding to Dementia Related Behavior

The Understanding and Responding to Dementia Related Behavior program of the Alzheimer's Association is designed to provide practical information and resources to help dementia caregivers learn to decipher how best to respond. The program is one and one-half hours long. Intended for: Anyone that interacts with individuals living with Alzheimer's disease or another dementia.

**July 27, 11 a.m. to Noon**

