
ALZHEIMER'S WORKSHOPS

Join us for 4 **FREE** workshops presented by the Alzheimer's Association® and NWSDS



alzheimer's  association®
alz.org/10Signs



NorthWest Senior &
Disability Services

To register, please call the Alzheimer's Association at 800.272.3900 or Julie Mendez, NWSDS Options Counselor at 503.304.3432

**SANTIAM
HOSPITAL**
embrace HEALTH™
Freres Auditorium
1401 N 10th Ave., Stayton

Know the 10 Signs Early Detection Matters

Thursday, June 29th • 2:00pm–3:00pm

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

Thursday, July 27th • 2:00pm–3:00pm

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning

Thursday, August 31 • 2:00pm–3:00pm

This workshop will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

Effective Communication Strategies

Thursday, September 28 • 2:00pm–3:00pm

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has 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.
