

JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association® - Hawaii



Brain Health Lunch Time Series

Thursday, May 28, Noon-1 p.m. | [Register](#)

Thursday, June 25, Noon-1 p.m. | [Register](#)

Contact Christine Spencer, cespencer@alz.org or call 800.272.3900 to register or for more info.

Effective Communication Strategies

Friday, June 5, Noon-1 p.m. | [Register](#)

Contact Tonya Tullis, tshammondullis@alz.org or call 800.272.3900 to register or for more info.

Healthy Living for your Brain and Body

Tuesday, June 23, 10-11:30 a.m. | [Register](#)

Contact Tonya Tullis, tshammondullis@alz.org or call 800.272.3900 to register or for more info.

Legal and Financial Planning

Wednesday, June 24, 5:30-6:30 p.m. | [Register](#)

Contact Christine Spencer, cespencer@alz.org or call 800.272.3900 to register or for more info.

Memoy Café Hui

Tuesday, May 26, 11a.m.-1 p.m.

Tuesday, June 2, 11 a.m.-1 p.m.

Tuesday, June 23, 11 a.m.-1 p.m.

Call Patrick Toal, 808.591.2771 ext. 8234 or call 800.272.3900 to register or for more info.

Crisis Planning for the Last Chapter

Wednesday, July 1, 10-11 a.m. | [Register](#)

Contact Tonya Tullis, tshammondullis@alz.org or call 800.272.3900 to register or for more info.

Self-Care for the Caregiver

Friday, May 22, 10-11 a.m. | [Register](#)

Contact Tonya Tullis, tshammondullis@alz.org or call 800.272.3900 to register or for more info.

Understanding Alzheimer's Disease and Dementia

Friday, May 22, 2-3 p.m. | [Register](#)

Contact Humberto Blanco, hblanco@alz.org or call 800.272.3900 to register or for more info.

Understanding and Responding to Dementia Related Behavior

Wednesday, June 17, 10-11 a.m. | [Register](#)

Contact Tonya Tullis, tshammondullis@alz.org or call 800.272.3900 to register or for more info.

Friday, June 26, 2-3 p.m. | [Register](#)

Contact Humberto Blanco, hblanco@alz.org or call 800.272.3900 to register or for more info.

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

alzheimer's  association®

Program descriptions on back. Visit 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 Group, contact Patrick Toal at 808.591.2771 ext 8234 or email patool@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.

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, contact Humberto Blanco at 808.245.3200 ext 8242 or email hblanco@alz.org.

Lihue Support Group

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

Princeville Support Group

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

Regency at Puakea Support Group

4th Tuesday of the month, 5-6:30 p.m.

Westside Support Group

4th Thursday, May 28, 1:30-2:30 p.m.

MAUI COUNTY SUPPORT GROUP

For information or to register for our Maui Support Group, contact Christine Spencer at 808.591.2771 ext 8235 or email cespencer@alz.org.

Maui Caregiver Support Group

Once a month, Tuesdays 5:30-7 p.m.
2020: Mar 31, Apr 21, May 19, June 16, 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, contact Tonya Tullis at 808.591.2771 ext 8236 or email tshammondttullis@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/Honolulu 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.

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

alzheimer's  association®

Program descriptions on back. Visit alz.org/CRF to explore additional education programs in your area.

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.

Healthy Living for your Brain and Body

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.

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.

Virtual Memory Café Hui

The Aloha Chapter's Memory Café' Hui offers a fun and relaxed way for people living with memory loss to get connected with others through social events that promote interaction and companionship. This is also a place where the care partner can connect and share with other care partners in similar situations. The bonds formed in Memory Cafés across the country often last throughout the continuum of the disease and become an additional support for those who participate.

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.

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.

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.

Crisis Planning for the Last Chapter

A dementia diagnosis like Alzheimer's often causes fear and anxiety over how to plan for the future when a loved one becomes incapacitated by illness and needs quality care. Learn about legal, financial and care solutions from attorneys Laurie Adamshick, Tom Rulon, and elder care coordinator Kim Ong, of the Elder Law Practice of Rulon & Adamshick LLC. They will introduce you to proactive steps you can take to help your loved one plan for and control the last chapter of life. If you are caring for a loved one with Alzheimer's or another dementia, these planning tips can help you help them.

Self-Care for the Caregiver

Due to the dynamics of COVID-19, our caregivers are faced with extra stress combined with the usual burden of caregiving for those with Alzheimer's and other dementia. Join us as Rick Tabor gives tips and advice on taking care of yourself during these trying times.

**TO REGISTER OR LEARN MORE, PLEASE
CALL 800.272.3900 OR ONLINE AT
ALZ.ORG/CRF**

alzheimer's  association®

Visit alz.org/CRF to explore additional education programs in your area.