

Understanding Alzheimer's

FREE WEBCAST IN SPANISH

**Learn about Alzheimer's Disease
& how it can affect you & your family**



FREE WEEKLY SPANISH WEBCAST
Thursdays * May 6—June 3 * 10:30 am CST

www.mmLearn.org

To submit questions in advance
or arrange a group viewing:

info@mmLearn.org or 210-734-1212
Alzheimer's Association: 800-272-3900

*Belinda Benavidez, Program Specialist
Alzheimer's Association STAR Chapter*

Know the 10 Signs * Thursday, May 6 * 10:30 a.m. CST

Your memory often changes as you grow older. But memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of dementia. Dementia is a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's disease, a fatal disorder that results in the loss of brain cells and function.

Memory Loss, Dementia and Alzheimer's: The Basics Evaluation * Thursday, May 13 * 10:30 a.m. CST

Perhaps you have noticed possible signs of Alzheimer's disease. Or you may know someone who has just been diagnosed. This program is intended for anyone who would like to learn more about Alzheimer's disease and related dementias.

Staying Safe: Steps to Take for the Person with Dementia * Thursday, May 20 * 10:30 a.m. CST

Taking measures to ensure safety at all times can help prevent injuries, and it can help people with dementia feel relaxed and less overwhelmed. Evaluate your surroundings for any particular dangers and change them to meet individual needs.

Take Care of Yourself: 10 Ways to Be a Healthier Caregiver

*** Thursday, May 27 * 10:30 a.m. CST**

Are you so overwhelmed by taking care of someone else that you have neglected your own physical, mental and emotional well-being? If you find yourself without the time to take care of your own needs, you may be putting yourself and your health at risk.

Alzheimer's Disease and Type 2 Diabetes: A Growing Connection

*** Thursday, June 3 * 10:30 a.m. CST**

More than 5 million people have Alzheimer's in the U.S. and that number will start to soar as baby boomers enter their 60's when the risk for Alzheimer's begins to rise. And people with diabetes may be at even greater risk for Alzheimer's.

