



## **ALZNJ Online Community Education Schedule**

ALZNJ Online Community Education Programs provide caregivers, families, and friends the emotional support and education they need to better understand and manage Alzheimer's disease and other dementias. Registration is required. Please see below or click [here](#) for more information.

### **Monthly Webinars Facilitated by Alzheimer's New Jersey Staff**

#### **[Understanding Memory Loss](#)**

**Tuesday, November 5<sup>th</sup> at 3:00 pm**

Memory loss that disrupts everyday life is not a normal part of aging. This program explores the difference between normal age-related memory changes and abnormal changes that are associated with Alzheimer's disease and other forms of dementia, including some of the common warning signs. The presentation also reviews the importance of receiving a thorough diagnostic evaluation when symptoms first arise, current treatment options, and research regarding healthy aging.

#### **[Celebrating the Holidays When Your Loved One Has Alzheimer's Disease](#)**

**Thursday, November 21<sup>st</sup> at 2:00 pm**

The holiday season is almost upon us. While individuals living with dementia and their caregivers may find the holiday season challenging, even overwhelming, it is still possible to find meaningful ways to celebrate. This program discusses signs of caregiver stress, provides strategies to adjust holiday celebrations and traditions, and presents approaches to maintain caregiver health.

**Please note, we use Microsoft Teams for our webinars.**

**\*Mac users\*:** Microsoft Teams is not compatible with Safari. Microsoft Teams will work best when using the Google Chrome browser. You can download Google Chrome by clicking on the icon below:



**Please feel free to call our Helpline with any questions – 888-280-6055.**

*Revised September 18, 2024*