Chelsea Retirement Community

alzheimer's association

2026 DEMENTIA EDUCATION PROGRAMS

Presented by the Alzheimer's Association Michigan Chapter and held on the second Thursday of the month from 3-4 pm at Chelsea Retirement Community.

Chelsea Retirement Community, Dancey House Theatre
801 W. Middle St., Chelsea, MI 48118

To register, contact the Alzheimer's Association
at 800.272.3900 or HelpLineGMC@alz.org

THURSDAY, JANUARY 8 3:00 - 4:00 PM	**Healthy Living for Your Brain & Body** Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.
THURSDAY, FEBRUARY 12 3:00 - 4:00 PM	**Know the 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 10 common warning signs and what to watch for in yourself and others.
THURSDAY, MARCH 12 3:00 - 4:00 PM	**Understanding Alzheimer's and Dementia** Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments and ways the Alzheimer's Association can help.
THURSDAY, APRIL 9 3:00 - 4:00 PM	**Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning** Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.
THURSDAY, MAY 14 3:00 - 4:00 PM	**Building Foundations of Caregiving** Learn a person centered approach to caregiving, how to reduce caregiver stress and how relationships can change over time throughout the caregiving journey.
THURSDAY, JUNE 11 3:00 - 4:00 PM	**Supporting Independence** Learn how to best help the person living with dementia take part in daily activities, how to provide the right amount of support and balance safety and independence while managing expectations.

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THURSDAY, JULY 9 3:00 - 4:00 PM	**Communicating Effectively** Learn how dementia affects communication, including tips for communicating well with family, friends and health care professionals.
THURSDAY, AUGUST 13 3:00 - 4:00 PM	**Responding to Dementia-Related Behaviors** Learn about common behavior changes, how to use non-medical approaches to address these behaviors and how to recognize when additional help is needed.
THURSDAY, SEPTEMBER 10 3:00 - 4:00 PM	**Exploring Care and Support Services** Learn about how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.
THURSDAY, OCTOBER 8 3:00 - 4:00 PM	**Managing Money: A Caregiver's Guide** If you or someone you know is facing dementia or another chronic illness, it's never too early to put financial plans in place. Join this evidence-based program to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.
THURSDAY, NOVEMBER 12 3:00 - 4:00 PM	**Enjoying Family Celebrations: Tips for Caregivers** The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. This program shares many tips for caregivers to help navigate the holidays.
THURSDAY, DECEMBER 10 3:00 - 4:00 PM	**New Advances in Alzheimer's Treatment** There has been a lot in the news recently about new treatment advances. In this program we will discuss FDA-approved treatments for Alzheimer's disease; the impact of anti-amyloid treatments on the brain, their potential benefits and side effects; and the pathways to access treatment.

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