

2023 Education Calendar

APRIL 20	WHAT NEXT?	4:00 - 5:30 PM	VIRTUAL
APRIL 29	SPARK For Professionals	9:30 AM - 12:30 PM	VIRTUAL
TUESDAYS MAY 2 - JUNE 6	LEAP! Brain Health Boot Camp	10:00 - 11:00 AM	VIRTUAL
JUNE 2023	BEING PROACTIVE	TBD	VIRTUAL
JUNE 9	DEMENTIA TRAINING ROOM	9:00 AM - 3:00 PM	Trinity Temple, 11922 Food Lane, Grandview, MO 64030
JUNE 16	DEMENTIA UPDATE COURSE	8:00 AM - 4:00 PM	VIRTUAL
THURSDAYS JUNE 22 - JULY 13	LEAP! Mediterranean Diet	10:00 - 11:00 AM	VIRTUAL
JULY 13	FAMILY SERIES PART 1	4:00 - 5:30 PM	KU ADRC Fairway Auditorium
JULY 20	FAMILY SERIES PART 2	4:00 - 5:30 PM	KU ADRC Fairway Auditorium
JULY 27	FAMILY SERIES PART 3	4:00 - 5:30 PM	KU ADRC Fairway Auditorium
AUGUST 3	FAMILY SERIES PART 4	4:00 - 5:30 PM	KU ADRC Fairway Auditorium
SEPTEMBER 29	DEMENTIA UPDATE COURSE	8:00 AM - 4:00 PM	VIRTUAL
OCTOBER 2023	BEING PROACTIVE	TBD	Hays, KS
OCTOBER 14	SPARK For Families	9:30 AM - 12:00 PM	VIRTUAL

BEING PROACTIVE:

Managing Alzheimer's Risk in Individuals with Intellectual/Developmental Disabilities (IDD)

For families and staff members that support someone with IDD, exploring risk factors, ways to monitor for cognitive changes, and ways to support.

DEMENTIA TRAINING ROOM

An multi station education event with 15-18 training stations addressing a variety of issues/topics. *Topics repeat every 15-minutes - attend as many or as few as you'd like.*

DEMENTIA UPDATE COURSE:

Best Practices in Screening, Diagnosing and Treating Various Dementias

For primary care health care providers and professionals, discussing up to date diagnostic and management information.

FAMILY SERIES: 4-week series (attend one or all)

PART 1 HELP ME UNDERSTAND

(A dementia overview)

PART 2 WHY IS SHE ACTING THIS WAY?

(A discussion on behaviors and communication)

PART 3 HE JUST SITS AROUND ALL DAY

(Activities and suggestions)

PART 4 CAREGIVER RESILIENCE

(A discussion of grief, guilt, and resources for decision making)

LEAP! Brain Health Boot Camp

6-week course that teaches healthy lifestyle strategies to improve brain health. Covers sleep, nutrition, stress, cognitive and social engagement, physical activity, and exercise. Includes weekly Zoom classes, plus video lessons and interactive goal-setting. Suitable for anyone looking to boost their brain health.

LEAP! Mediterranean Diet

4-week course exploring brain-healthy eating. Covers nutrient density, low-glycemic eating, creating balanced meals, and more. Features weekly Zoom classes, handouts, and recipe challenges. Suitable for anyone looking to boost their brain health.

SPARK For Families and Community Members

The documentary, SPARK: Robin Williams and His Battle with Lewy Body Dementia (LBD), will be included in this educational program on recognizing, living with, and supporting others who have LBD.

SPARK For Professionals

The documentary, SPARK: Robin Williams and His Battle with Lewy Body Dementia (LBD), will be included in this education event for all health care professionals, on evidence-based practices in diagnosis, treatment, and care management of LBD.

WHAT NEXT? Understanding and Managing Frontal Temporal Dementia (FTD)

For families and friends of individuals who have been diagnosed with FTD.

