

Alzheimer's Texas

MONTHLY NEWS

March

Dear Alzheimer's Texas Supporters,

Happy March! We are so excited to share these upcoming events in our Central Texas community. Please see below for event information, updates to our respite and support groups, and the sign-up for our next Caregiver Conversation session.

- Alzheimer's Texas Team



Share Your Voice, Caregivers

The Area Agency on Aging of the Capital Area is hosting a townhall style conference for family caregivers and care manager organizations to share their experiences and ideas on improving caregiver support in Central Texas.

Attendees will hear from the conference keynote speaker, Jessica Lemann, senior associate state director of outreach and advocacy with AARP Texas, before going into breakout sessions to discuss ideas for additional training, education, respite, and other services needed to improve support for family caregivers in the CAPCOG region. The breakout sessions will be participant-led discussions moderated by Area Aging on Aging.

For more information, please see the [event description and speaker bios](#).

Register today!

ALZHEIMER'S TEXAS PRESENTS

CAREGIVER CONVERSATIONS

Hosted by
Joan Asseff, LCSW-S

Join us Monday,
March 6th at 1:00 PM

Upcoming Caregiver Conversation

Joan Asseff, LCSW-S, will facilitate each Caregiver Conversations meeting, including relevant discussion questions to help attendees share experiences, barriers, strategies, and much more. Please register below for these supportive, solution-focused conversations about caring for their loved ones living with dementia. Registration space is limited, so register today for our next session on **Monday, March 6th at 1:00 PM.**

Register today!

Effectively Coping with Mood and Behavioral Symptoms Related to Alzheimer's Disease

Joan Asseff, LCSW-S

Presented by
ALZHEIMER'S
TEXAS
THE STATE OF MIND

Effectively Coping with Mood and Behavioral Symptoms Related to Alzheimer's Disease

In this All About ALZ presentation, Joan Asseff, LCSW-S, provides an overview of common mood and behavioral symptoms associated with Alzheimer's Disease and evidence-based interventions to help reduce symptoms and improve the overall quality of life. Self-care and coping strategies for caregivers and helping professionals are also briefly discussed.

Watch Presentation

[*Each presentation also includes additional research articles and materials to provide further learning opportunities.](#)

Thank You!



Thank You for Amplify Austin Day

Thank you for participating on Amplify Austin Day!

It's your generosity that helps create a better Central Texas for all of us. We rely on the support of our community and appreciate your enthusiasm in our mission to eliminate this disease and to enhance the care, and support for individuals, their families, and their caregivers.

Together, we are making a positive difference for Central Texas.

Support Alzheimer's Texas

Alzheimer's Texas Respite and Support Groups

Caregiver support groups can be a vital lifeline for caregivers of persons with dementia. Support groups help attendees understand they are not alone, share their feelings about what they are facing, and are a great way to learn from each other. Our groups are volunteer-run and meet at a variety of times and locations.

We keep current respite and support group information on our [website](#). Please email txprograms@txalz.org if you have any questions!

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Alzheimer's Texas

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