



ITINERARY
Early Stage Alzheimer Patient/Caregiver Group
October 6, 2008 through November 3, 2008

Sponsored by Alzheimer's Arkansas Programs and Services

Session 1: October 6th

Getting Acquainted – Support Group goals and ground rules.

AND

Overview of Alzheimer's Disease -- Discussing how participants perceive their difficulties; providing information about how diagnosis is determined, what causes symptoms, what is being done to research and treat the illness.

Guest Speaker: **John Schwankhaus, MD**

Session 2: October 13th

Pharmaceutical Interventions and Medication Issues -- Update on current medications, vitamins, research, etc.

Guest Speaker: **Melanie Pilcher, Pharm.D.**

Session 3: October 20th

Staying Healthy - A discussion about developing and maintaining good eating habits, exercise and social interactions.

Guest Speaker: **Priscilla Pittman, MSW, MA**

Session 4: October 27th

Legal and Financial Planning -- The latest information on legal, financial and health care planning considerations for the future.

Guest Speaker: **Frank Dudeck III, CPA, Attorney at Law**

Session 5: November 3rd

Coping with Early Alzheimer's disease – A discussion about day to day living with early Alzheimer's disease.

Guest Speaker: **Sandy Sanders, LCSW, MA**