

## Community Conversations (Alzheimer's, Brain Health, etc.)Series

HRA Work/Life is partnering with the Alzheimer's Association to offer a series that will be of particular interest to those caring for someone with Alzheimer's Disease, but will also provide helpful information for others in care giving situations or, in the case of the Maintain Your Brain session, helpful information for ALL of us. All sessions are from 12:05-12:55 p.m. You can sign up for the entire series or for one or more individual sessions. As always, staff, students and faculty are welcome.

### Remaining Sessions (October 27<sup>th</sup> session is over.)

Thursday, November 13, University Library 1116 - **Beginning to Cope: An Alzheimer's Medical Overview** with Ann Hake, M.D. This session will offer an overview of Alzheimer's disease along with its progression and helpful resources for care planning.

Wednesday, November 19, University Library 1116 - **Caring for the Caregiver**. This session is specifically for those caring for someone with Alzheimer's and will cover personal care, communicating and coping with challenging behaviors, along with how to support needs while allowing for the loved one to maintain as much independence as possible. Attendees will also be introduced to the extensive, free care planning program that the Alzheimer's Association offers to caregivers.

Tuesday, December 2, University Library 1126 - **Maintain Your Brain**. **This session is for ALL of us because, believe it or not, there is growing evidence that lifestyle can affect brain health and risk for dementia.** Learn about how to better maintain your brain with diet, exercise, mental activities and social activities.

### Registration

Pick the appropriate item below for directions on how to register:

- If you want to register, and have **NOT** set up a user profile in the SignUp system:

Go to [www.hra.iupui.edu/signup](http://www.hra.iupui.edu/signup), then click just below the SignUp HR logo where it says, "Click here to login" (upper right). When the next screen appears, go to the bottom left menu, select "How to Register" and follow the instructions that appear. Once you've set up your profile, refer to directions below for signing up for the series or for individual sessions. Please direct any inquiries regarding registration to Lynnell Lindle at 274-8932 or [hrrtrng@iupui.edu](mailto:hrrtrng@iupui.edu).

- If you want to register for the **ENTIRE SERIES** and have already set up a profile in the SignUp system:

Go to [www.hra.iupui.edu/signup](http://www.hra.iupui.edu/signup), then click just below the SignUp HR logo where it says, "Click here to login." Go to the menu on the left and scroll down to

“Work/Life.” The menu of Work/Life courses will appear on the right. If you intend to sign up for the ENTIRE series, click on the line that says, “Community Conversations Series,” and when the description appears in the box below, click on “Enroll Now,” enter your user name which is the same as your entire e-mail address (e.g., [yourusername@iupui.edu](mailto:yourusername@iupui.edu) ) then enter the password you created in your user profile and click on “Log In.” At the next screen, click on “Checkout” (on far right) and, since this series has no cost, when the next screen pops up just click on “Next” (bottom right). Although you will receive an e-mail confirmation, you can also click on “Student Record” on the screen that comes up after you hit the “Next” button and when your student record comes up, click on “Printable Version,” at upper right. The e-mail confirmation that you automatically get looks like gibberish at the beginning, but if you scroll down it does give you a confirmation number. It does not, however, tell you the title of the workshop or the date, so you might want to write that on and put it in your tickle file. Please direct registration inquiries to Lynnell Lindle at 274-8932 or [hrratng@iupui.edu](mailto:hrratng@iupui.edu).

- If you want to register only for certain **INDIVIDUAL SESSIONS** and have already set up a profile in the SignUp system:

Go to [www.hra.iupui.edu/signup](http://www.hra.iupui.edu/signup), then click just below the SignUp HR logo where it says, “Click here to login.” Go to the menu on the left and scroll down to “Work/Life.” The menu of Work/Life courses will appear on the right. Look at the five sessions listed UNDER the heading of, “Community Conversations,” and click on the individual session you plan to attend. When the description appears in the box below, click on the tab that says “Sections and Registration.” At the next screen click on “Enroll Now,” enter your user name which is your entire e-mail address (e.g., [yourusername@iupui.edu](mailto:yourusername@iupui.edu)), then enter the password you used when you created in your profile and click on “Log In.” To register for another individual session, go back to the menu on right, click on the session of interest and when the description appears in the box below, click on the tab that says, “Sections and Registration.” At the next screen, click on “Enroll Now,” enter your user name which is the same as your entire e-mail address (e.g., [yourusername@iupui.edu](mailto:yourusername@iupui.edu)), then enter the password you created in your profile and click on “Log In.” When you have registered for all the individual sessions you are interested in, click “Checkout” (on far right). When you get the next screen, since this series has no cost, just click on “Next” (bottom right). Although you will receive an e-mail confirmation, you can also click on “Student Record” on the screen that comes up after you hit the “Next” button and when your student record comes up, click on “Printable Version,” at upper right. The e-mail confirmation that you automatically get looks like gibberish at the beginning, but if you scroll down it does give you a confirmation number. It does not, however, tell you the title of the workshop or the date, so you might want to write that on and put it in your tickle file. Please direct registration inquiries to Lynnell Lindle at 274-8932 or [hrratng@iupui.edu](mailto:hrratng@iupui.edu).

If, at any time, you want to check your course history or the courses you're registered for, go to [www.hra.iupui.edu/signup](http://www.hra.iupui.edu/signup), then click just below the SignUp HR logo where it says, "Click here to login." At next screen, click on the "My Account" tab at middle right, then click on "Jump to Profile" link. Type your entire username (i.e., [yourusername@iupui.edu](mailto:yourusername@iupui.edu)) and the password you used to set up your profile to log into the system. To print the course registration screen, go to upper right and click on "Printable Version."

### **Concerns about Extended Lunch Hour**

If you are concerned that you can't walk to the session, take the 50-minute class and then walk back to your office in an hour and are in a department where this might be a concern, consider asking your direct supervisor if you can do a trade-off - agree to come in a few minutes early or stay a few extra minutes later to make up for the extra minutes that you might use at lunch time. If coverage of your area is required, see if you can line up a coworker to handle that in your absence.