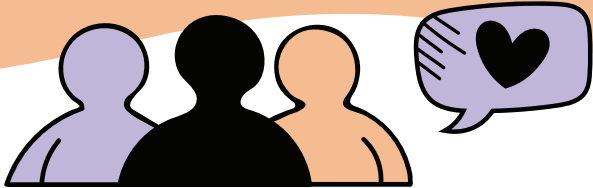


LEARN + CONNECT



Join **FREE** classes and programs in person, virtually, or by phone.

Visit our website for dates & times and to RSVP: AlzheimersLA.org/calendar

If you need help registering, call **844.HELP.ALZ** (844)435-7259 or email rsvp@alzla.org.

All talks are 1 hour long, followed by Q&A. Registration closes 24 hours prior to all **virtual** classes and programs.

JULY 2024 Schedule

UPCOMING EVENTS

Communication & Dementia: Connecting with a Person Living with Memory Loss

MONDAY, JULY 1 @ 10AM

Beginning with a basic understanding of Alzheimer's disease and its effect, this program explores communication principles necessary to maintain meaningful connections. Using scenarios, this training offers tips and useful strategies to help with communication issues over the course of the disease.

Co-hosted by Weingart Senior Center - In-person at 5220 Oliva Ave, Lakewood, CA 90712

Memory Loss & Alzheimer's: Let's Talk!

An overview of Alzheimer's disease and its effects. Learn about what causes memory loss, the difference between normal aging and signs of dementia, and what to do when you visit the doctor.

- MONDAY, JULY 1 @ 10AM

Virtual

- MONDAY, JULY 22 @ 10AM

Co-hosted by Diamond Bar Center - In-person at 1600 Grand Ave, Diamond Bar, CA 91765

Making Home Safe for a Person with Alzheimer's

Learn about methods to modify your home, simple hacks, and ways you can use technology to increase a person with dementia's ability to stay at home safely.

- TUESDAY, JULY 2 @ 5PM

Virtual

- THURSDAY, JULY 11 @ 2:30PM

Co-hosted by Kaiser Downey - In-person at 9400 Rosecrans Ave, Bellflower, CA 90706, Room B2/B3

- THURSDAY, JULY 11 @ 3PM

Co-hosted by Nakaoka Community Center - In-person at 1670 W 162nd St, Gardena, CA 90247

Caring for those with Alzheimer's: African American Voices

WEDNESDAY, JULY 3 @ 10:30AM

Families share information about warning signs, going beyond the stigma of the disease, and getting help to assist them.

Virtual

Healthy Brain Habits

Did you know that you can keep your brain healthy? Learn how you can monitor what affects your brain health, identify the connection between other diseases and brain health, and the importance of understanding the warning signs of Alzheimer's disease and related dementias.

- MONDAY, JULY 8 @ 10:30AM

Virtual

- MONDAY, JULY 15 @ 5PM

Virtual

Dementia Friends

WEDNESDAY, JULY 10 @ 12PM

Become a Dementia Friend by completing this one-hour session. Learn five key messages about dementia and develop action steps to help your community. Each participant will receive a Dementia Friend pin and become a member of this global movement developed by the Alzheimer's Society in the United Kingdom.

Co-hosted by Langley Senior Citizen Center - In-person at 400 W Emerson Ave, Monterey Park, CA 91754

Memory Matters: Addressing Memory Concerns

Interested in learning how to care for your brain? Learn how to talk to a doctor about memory concerns, what to do when you notice signs and symptoms of cognitive impairment, and why getting an early diagnosis can be helpful for overall health and quality of life.

- THURSDAY, JULY 11 @ 1PM

Virtual

- THURSDAY, JULY 18 @ 10AM

Co-hosted by Cerritos Senior Center - In-person at 12340 South St, Cerritos, CA 90703

- SATURDAY, JULY 20 @ 11AM

Co-hosted by Northridge Branch Library - In-person at 9051 Darby Ave, Northridge, CA 91325

- MONDAY, JULY 22 @ 11AM

Co-hosted by Adventist Health White Memorial Montebello - In-person at 309 W Beverly Blvd, Montebello, CA 90640

- WEDNESDAY, JULY 24 @ 1:30PM

Co-hosted by Montebello Senior Center - In-person at 115 S Taylor Ave, Montebello, CA 90640

ACTIVITIES

Programs available to provide engaging opportunities for people living with dementia and their care partners.

RSVP at rsvp@alzla.org or (323)930-6271. All activities are virtual and a Zoom link will be provided.

Online Activity Hour

You're invited to join activity specialist, Jon Schaeffer, for an hour of fun and stimulating programming in the comfort of your home, featuring a mix of music, trivia, jokes, history news and word teasers. Sit back and listen, or chime in when you choose. There will be something for everyone. It's a casual, good time!

- WEDNESDAY, JULY 3 @ 11AM
- WEDNESDAY, JULY 17 @ 11AM
- WEDNESDAY, JULY 31 @ 11AM

Memories in the Making

Memories in the Making is an art program that allows people with Alzheimer's disease and other dementias explore their memories and emotions through the process of creating art to fulfill the participant's desire to communicate, particularly when speech is affected. Please join us for a virtual Memories in the Making painting session. Art supplies provided upon request.

- THURSDAY, JULY 1 @ 10AM
- THURSDAY, JULY 15 @ 10AM

TimeSlips Creative Storytelling

WEDNESDAY, JULY 10 @ 10AM

TimeSlips is an improvisational storytelling process focusing on imagination rather than memory. Through open-ended questions based on a fanciful photo prompt, the facilitator, Sarah Jacobus, invites spontaneous responses from participants that get woven into a story. There's no pressure to answer "correctly" and no way to do it wrong! TimeSlips is lively and fun!

LACMA "Personal Connections" Program

TUESDAY, JULY 16 @ 1PM

Join LACMA Teaching Artist Elonda Norris in an engaging and fun virtual art session! She will guide the care partner and person living with dementia to look at and discuss works of art from the museum's collection — from the comfort of your own home.

Music to Remember Program

THURSDAY, JULY 18 @ 11AM

Music helps us connect to each other, our community and even to our own inner selves. Music to Remember is inspired by the powerful (and scientifically proven) role that music plays in restoring the body, soul, and memory. Teaching artist Nandani Sinha stimulate remembrance and gently invite reflection through familiar and beloved songs. We encourage joyful interaction and singing-along throughout.

BasebALZ Program

FRIDAY, JULY 26 @ 11AM

BasebALZ, also referred to as “Talking Baseball”, uses baseball as a topic for reminiscence therapy. Reminiscence therapy is an approach to improve the well-being of Alzheimer’s patients by invoking and discussing their memories of the past.

SAVVY CAREGIVER® WORKSHOPS

This program develops the basic knowledge, skills, and attitudes needed to care for someone with Alzheimer’s disease or another dementia.

WEDNESDAYS, JULY 10, 17, 24 • 1–3PM

Savvy Caregiver® Express: 3-week program

Virtual

THURSDAYS, JULY 11, 18, 25 • 9:30–11:30AM

Savvy Caregiver® Express: 3-week program

Virtual

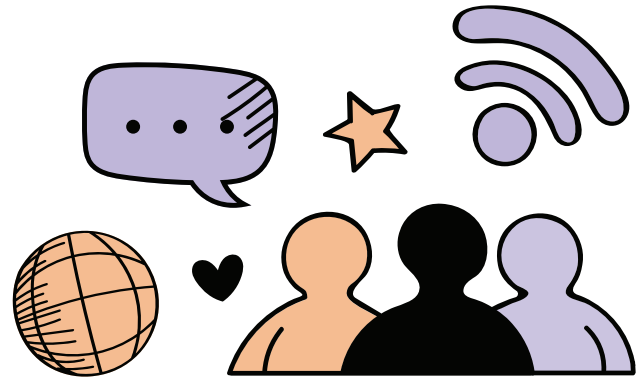
Registration required and closes 4 days prior to the workshop. To RSVP or for more information, please contact us at rsvp@alzla.org or **(844)435-7259**.

We would like to inform you that we will cancel a Savvy workshop if fewer than three people register for the Savvy workshop. If a workshop is canceled, we will work with you to find another Savvy workshop for you to attend. We appreciate your understanding and look forward to you participating in our upcoming workshops.



FREE Programs & Services Available

JULY 2024



Care Counseling

Care Counseling services offer one-to-one support to those who are caring for someone with dementia. Whether you're at home with your loved one, or they live elsewhere, our counselors will help you through this challenging time. We provide education, resources, counseling, coping techniques, and ideas for self-care, as well as ongoing support and care planning. Counseling is available online or by phone.

Virtual Support Groups

AlzheimersLA.org/for-families/services/support-groups

To RSVP to any of our virtual workshops or access any of our services:
Call our helpline **844.HELP.ALZ (844.435.7259)** or visit our website **AlzheimersLA.org**