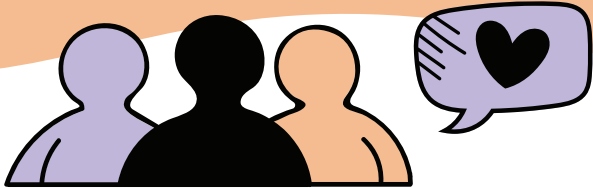


LEARN + CONNECT



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.

NOVEMBER 2024 Schedule

UPCOMING EVENTS

Holiday Tips for Caregivers

The holidays can be a stressful time for families with a member with Alzheimer's or dementia. Learn about things you can do to prepare for gatherings and provide a meaningful, enriching time for you, the person with dementia and your family.

- FRIDAY, NOVEMBER 1 @ 4PM
Virtual
- THURSDAY, NOVEMBER 7 @ 10AM
Virtual

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.

- SATURDAY, NOVEMBER 2 @ 10AM
Virtual
- MONDAY, NOVEMBER 4 @ 7PM
Virtual
- THURSDAY, NOVEMBER 7 @ 10AM
Co-hosted by Blue Shield - In-person at 3570 Santa Anita Ave, El Monte, CA 91731

Memory Matters: Addressing Memory Concerns

SUNDAY, NOVEMBER 3 @ 12PM

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.

Co-hosted by Arcadia Community Church - In-person at 121 Alice St, Arcadia, CA 91006

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.

- **MONDAY, NOVEMBER 4 @ 10AM**
Virtual
- **THURSDAY, NOVEMBER 7 @ 2:30PM**
Co-hosted by Kaiser Downey - In-person at 9400 Rosecrans Ave, Bellflower, CA 90706 (Room B2/B3)
- **THURSDAY, NOVEMBER 21 @ 10AM**
Co-hosted by Cerritos Senior Center - In-person at 12340 South St, Cerritos, CA 90703
- **TUESDAY, NOVEMBER 26 @ 11AM**
Co-hosted by Adventist Health White Memorial Montebello - In-person at 309 W Beverly Blvd, Montebello, CA 90640

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

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.

- **WEDNESDAY, NOVEMBER 6 @ 12PM**
Co-hosted by Langley Senior Center - In-person at 400 W Emerson Ave, Monterey Park, CA 91754
- **WEDNESDAY, NOVEMBER 13 @ 7PM**
Virtual
- **THURSDAY, NOVEMBER 21 @ 10AM**
Co-hosted by Cerritos Senior Center - In-person at 12340 South St, Cerritos, CA 90703

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.

- **SUNDAY, NOVEMBER 10 @ 12PM**
Co-hosted by Arcadia Community Church - In-person at 121 Alice St, Arcadia, CA 91006
- **WEDNESDAY, NOVEMBER 13 @ 2PM**
Co-hosted by Woodland Hills Branch Library - In-person at 22200 Ventura Blvd, Woodland Hills, CA 91364
- **THURSDAY, NOVEMBER 14 @ 10AM**
Co-hosted by Blue Shield - In-person at 3570 Santa Anita Ave, El Monte, CA 91731
- **TUESDAY, NOVEMBER 19 @ 3PM**
Co-hosted by Sunland-Tujunga Branch Library - In-person at 7771 Foothill Blvd, Tujunga, CA 91042
- **TUESDAY, NOVEMBER 26 @ 10AM**
Co-hosted by Diamond Bar Center - In-person at 1600 Grand Ave, Diamond Bar, CA 91765

Caring for those with Alzheimer's: African American Voices

MONDAY, NOVEMBER 11 @ 5PM

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

Virtual

Behaviors & Alzheimer's Disease

MONDAY, NOVEMBER 18 @ 7PM

A class for family members who are seeing changes in behaviors that are difficult to understand. Using the IDEA! strategy, this program aims to help individuals explore why behaviors happen, their meanings and practical tips to respond.

Virtual

Tech Aids for Caregivers

THURSDAY, NOVEMBER 21 @ 11AM

Many aids are available now to help with caregiving. Learn how devices and services can help with managing behavior, staying active, managing medicines and being connected with others.

Virtual

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.

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, NOVEMBER 5 @ 10AM
- THURSDAY, NOVEMBER 19 @ 10AM

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!

Online Activity Hour (CONT.)

- WEDNESDAY, NOVEMBER 6 @ 11AM
- WEDNESDAY, NOVEMBER 13 @ 11AM
- WEDNESDAY, NOVEMBER 20 @ 11AM

LACMA “Personal Connections” Program

TUESDAY, NOVEMBER 19 @ 11AM

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, NOVEMBER 21 @ 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.

SAVVY CAREGIVER® WORKSHOPS

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

SUNDAYS, NOVEMBER 3, 10, 17, 24 & DECEMBER 8, 15 • 9–11AM

Savvy Caregiver®: 6-week program

Virtual

FRIDAYS, NOVEMBER 1, 8, 15 • 9–11AM

Savvy Caregiver® Express: 3-week program

Virtual

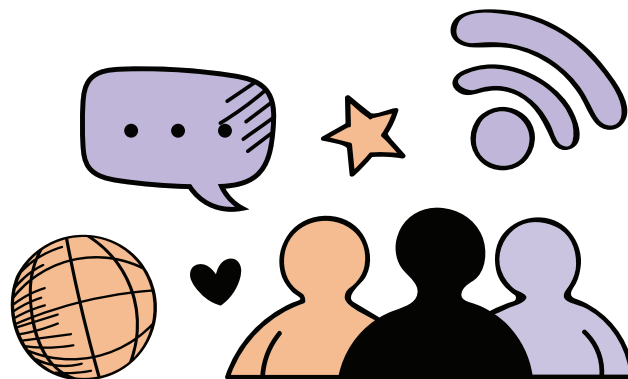
Registration required and closes 4 days prior to the workshop. To RSVP or for more information, please contact us at rsvp@alzla.org or **(844)435-7259**.

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

NOVEMBER 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**