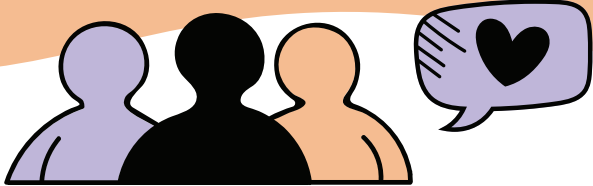


# LEARN + CONNECT



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

Visit our website for dates & times and to RSVP: [AlzheimersLA.org/calendar](https://AlzheimersLA.org/calendar)

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

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

## DECEMBER 2024 Schedule

### UPCOMING EVENTS

#### **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.

- TUESDAY, DECEMBER 3 @ 5PM

*Virtual*

- SATURDAY, DECEMBER 7 @ 10:30AM

*Co-hosted by Mid Valley Branch Library - In-person at 16244 Nordhoff St, North Hills, CA 91343*

#### **Making Home Safe for a Person with Alzheimer's**

WEDNESDAY, DECEMBER 4 @ 12PM

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.

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

#### **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.

- WEDNESDAY, DECEMBER 4 @ 2:30PM

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

- THURSDAY, DECEMBER 12 @ 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, DECEMBER 8 @ 12PM

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

- SATURDAY, DECEMBER 14 @ 10:30AM

*Co-hosted by Mid Valley Branch Library - In-person at 16244 Nordhoff St, North Hills, CA 91343*

## Caring for those with Alzheimer's: African American Voices

THURSDAY, DECEMBER 12 @ 10AM

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

*Virtual*

## ACTIVITIES

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

RSVP at [rsvp@alzla.org](mailto: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, DECEMBER 3 @ 10AM

- THURSDAY, DECEMBER 17 @ 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!

- WEDNESDAY, DECEMBER 4 @ 11AM

- WEDNESDAY, DECEMBER 11 @ 11AM

- WEDNESDAY, DECEMBER 18 @ 11AM

## **BasebALZ Program**

FRIDAY, DECEMBER 6 @ 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.

## **LACMA “Personal Connections” Program**

TUESDAY, DECEMBER 17 @ 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, DECEMBER 19 @ 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.

**MONDAYS, DECEMBER 2, 9, 16 • 8:30 – 10:30 AM**

Savvy Caregiver® Express: 3-week program

*Virtual*

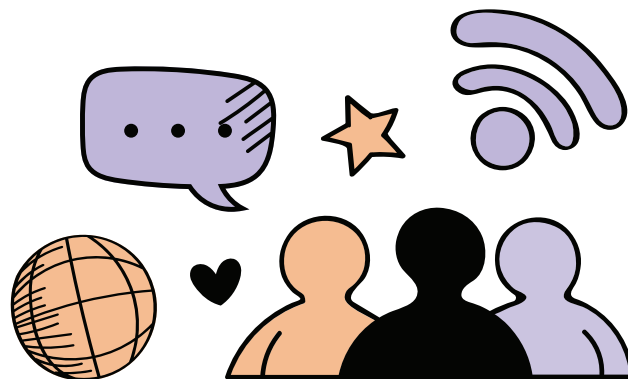
Registration required and closes 4 days prior to the workshop. To RSVP or for more information, please contact us at [rsvp@alzla.org](mailto:rsvp@alzla.org) or **(844)435-7259**.

*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

## DECEMBER 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](https://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**