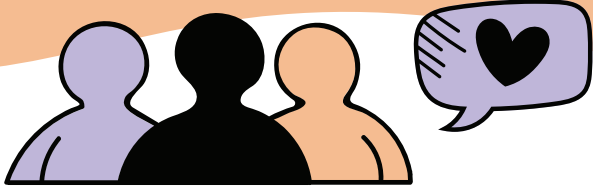


LEARN + CONNECT



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.

JANUARY 2025 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.

- **MONDAY, JANUARY 6 @ 10AM**
Virtual
- **MONDAY, JANUARY 13 @ 7PM**
Virtual
- **WEDNESDAY, JANUARY 29 @ 1PM**
Co-hosted by Santa Clarita Valley Senior Center - In-person at 27180 Golden Valley Rd, Santa Clarita, CA 91351

Lost Memories Season 1

(written and directed by Jessica Silvetti)

Follow the Ramirez family in a 4-episode mini-series as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression and the challenges that families face.

- **THURSDAY, JANUARY 9 @ 5PM**
Virtual
- **MONDAY, JANUARY 13 @ 11:30AM**
Co-hosted by Glendora Gardens - In-person at 340 N Wabash Ave, Glendora, CA 91741

Healthy Brain Habits

SATURDAY, JANUARY 11 @ 10AM

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.

Virtual

Caring for those with Alzheimer's: African American Voices

TUESDAY, JANUARY 14 @ 5PM

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

Virtual

Lost Memories Season 2

(written and directed by Jessica Silvetti & E.B. Kogan)

THURSDAY, JANUARY 16 @ 5PM

The Ramirez family's journey continues as Grandma Gloria is now living with middle-stage Alzheimer's. Each episode features topics like common difficulties caused by middle-stage Alzheimer's, effective ways of addressing challenging behaviors like hallucinations and resistance to bathing, caregiver stress, and the importance of asking for and accepting help.

Virtual

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

WEDNESDAY, JANUARY 22 @ 7PM

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

Virtual

Dementia Friends

TUESDAY, JANUARY 28 @ 10AM

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 La Mirada Activity Center - In-person at 13810 La Mirada Blvd. La Mirada, CA 90638

Making Home Safe for a Person with Alzheimer's

WEDNESDAY, JANUARY 29 @ 10:30AM

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.

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, JANUARY 7 @ 10AM
- THURSDAY, JANUARY 21 @ 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, JANUARY 8 @ 11AM
- WEDNESDAY, JANUARY 15 @ 11AM
- WEDNESDAY, JANUARY 29 @ 11AM

Music to Remember Program

THURSDAY, JANUARY 9 @ 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.

LACMA "Personal Connections" Program

TUESDAY, JANUARY 21 @ 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.

BasebALZ Program

FRIDAY, JANUARY 24 @ 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.

SUNDAYS, JANUARY 26, FEBRUARY 2, 9, 16, 23 & MARCH 2 • 10AM–12PM

Savvy Caregiver®: 6-week program

Virtual

WEDNESDAYS, JANUARY 9, 16, 23 • 9–11AM

Savvy Caregiver® Express: 3-week program

Virtual

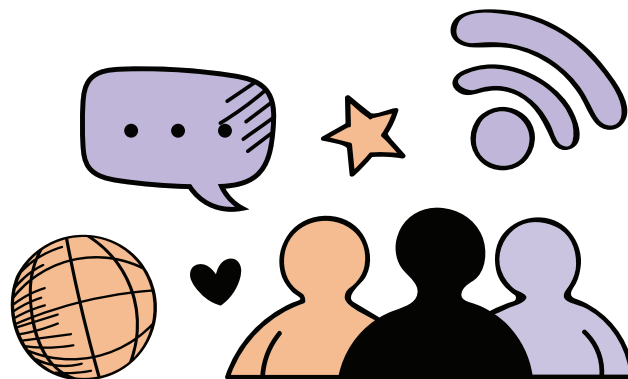
Registration required and closes 4 days prior to the workshop. To RSVP or for more information, please contact us at rsvp@alzla.org or **(844)435-7259**.

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

JANUARY 2025



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**