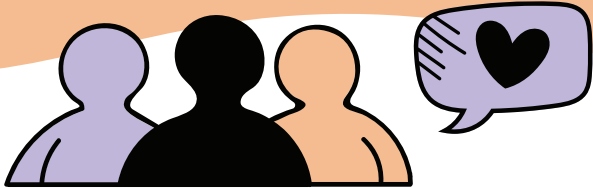


LEARN + CONNECT



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.

FEBRUARY 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, FEBRUARY 3 @ 7PM

Virtual

- THURSDAY, FEBRUARY 6 @ 4PM

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

- THURSDAY, FEBRUARY 6 @ 5PM

Virtual

Behaviors & Alzheimer's Disease

WEDNESDAY, FEBRUARY 5 @ 5PM

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

Caring for those with Alzheimer's: African American Voices

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

- THURSDAY, FEBRUARY 6 @ 4PM

Virtual

- FRIDAY, FEBRUARY 14 @ 10:30AM

Virtual

- FRIDAY, FEBRUARY 21 @ 1PM

Co-hosted by Mark Twain Library - In-person at 9621 S. Figueroa St, Los Angeles, CA 90003

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, FEBRUARY 10 @ 7PM
Virtual
- WEDNESDAY, FEBRUARY 19 @ 5PM
Virtual

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

WEDNESDAY, FEBRUARY 12 @ 5PM

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.

- SATURDAY, FEBRUARY 15 @ 10AM
Virtual
- TUESDAY, FEBRUARY 18 @ 10AM
Co-hosted by La Mirada Activity Center - In-person at 13810 La Mirada Blvd, La Mirada, CA 90638

Lost Memories Season 1

(written and directed by Jessica Silvetti)

THURSDAY, FEBRUARY 20 @ 10AM

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.

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

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, FEBRUARY 4 @ 10AM
- THURSDAY, FEBRUARY 18 @ 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, FEBRUARY 5 @ 11AM
- WEDNESDAY, FEBRUARY 12 @ 11AM
- WEDNESDAY, FEBRUARY 26 @ 11AM

Music to Remember Program

THURSDAY, FEBRUARY 13 @ 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, FEBRUARY 18 @ 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, FEBRUARY 28 @ 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, FEBRUARY 5, 12, 19 • 9–11AM

Savvy Caregiver® Express: 3-week program

Virtual

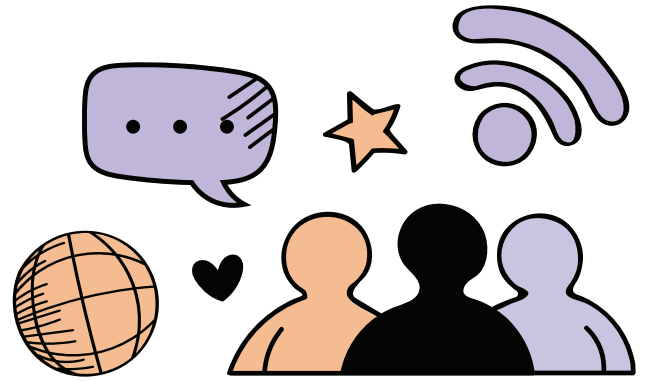
Registration required and closes 4 days prior to the workshop. To RSVP or for more information, please contact us at rsvp@alzla.org or **(844)435-7259**.

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

FEBRUARY 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**