Free Distance Learning Talks
Join us by Webinar or Telephone Call
See our website for dates & times: AlzheimersLA.org/learning-at-home
To RSVP, call 844.HELP.ALZ (844-435-7259) or email help@alzla.org
Registration closes 24 hours prior to the event.
All talks are 1 hour long, followed by Q&A.

AUGUST 2020 Schedule
EDUCATIONAL TALKS

THURSDAY, AUGUST 6, 2020 @ 3PM
Alzheimer’s Research Update
Get an update on research findings around the symptoms, detection and causes of dementia and Alzheimer’s disease. Learn about the latest treatments available and what research is currently being conducted to find a cure for this disease.
Hosted by Personal Assistance Services Council (PASC).

THURSDAY, AUGUST 7, 2020 @ 10AM
Lost Memories: Short Film & Discussion
(written & 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, AUGUST 13, 2020 @ 11AM
Lost Memories: Short Film & Discussion
(written & directed by Jessica Silvetti)
Join Alzheimer's Los Angeles, in partnership with ONEgeneration, as we virtually show the award-winning film, Lost Memories, and facilitate a discussion. Lost Memories follows the Ramirez family in a 4-episode mini-series as they confront the challenges of Alzheimer's. Learn about warning signs, the process of getting a diagnosis, disease progression, and the challenges that families face.
THURSDAY, AUGUST 13, 2020 @ 1PM
Behaviors & Alzheimer’s Disease
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.

FRIDAY, AUGUST 14, 2020 @ 10AM
Keeping Your Brain Healthy
Did you know that your brain is an organ? Learn what research is showing we can do now to keep our memory strong as we age – including nutritional tips, how to keep active and ways to challenge your brain. This session includes several interactive brain games.
Hosted by the Gardena Valley Japanese Cultural Institute.

WEDNESDAY, AUGUST 19, 2020 @ 10AM
Lost Memories: Short Film & Discussion
(written & 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.
Hosted by Cerritos Senior Center.

SATURDAY, AUGUST 22, 2020 @ 11AM
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.

THURSDAY, AUGUST 27, 2020 @ 11AM
Behaviors & Alzheimer’s Disease
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.

ACTIVITIES
Programs available to provide engaging opportunities for everyone.
RSVP at aoh@alzla.org or 323.930.6271. Zoom link will be provided.

FRIDAY, AUGUST 7, 2020 @ 11AM
Virtual Paws-to-Share
Need a break? Looking for a way to bring a little joy to your day? You are cordially invited to join Paws-to-Share for an hour of our furry friends doing tricks and agility for your viewing pleasure and entertainment!
THURSDAY, AUGUST 13, 2020 @ 11AM

**LA Opera “Music to Remember” Workshop**

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. This recital with LA Opera teaching artist Nandani Sinha stimulates remembrance and gently invites reflection through familiar and beloved songs. Of course, we encourage joyful interaction and singing-along throughout.

TUESDAY, AUGUST 18, 2020 @ 1PM

**LACMA “Personal Connections” Program**

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.

FRIDAY, AUGUST 21, 2020 @ 10AM

**BasebALZ Program**

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.

WEDNESDAY, AUGUST 26, 2020 @ 11AM

**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!

**SAVVY CAREGIVER WORKSHOPS**

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

**TUESDAYS, AUGUST 11, 18, & 25 @ 10AM-12PM**

Savvy Express: a 3-week program  
Co-hosted by Kaiser Permanente Baldwin Park

**TUESDAYS, AUGUST 11, 18, & 25 @ 1-3PM**

Savvy Express: a 3-week program
MARTES, 18 DE AGOSTO, 2020 a las 2PM
Comportamientos y enfermedad de Alzheimer
Una charla para familiares de personas con la enfermedad de Alzheimer que están batallando con cambios en los comportamientos que son difíciles de entender y manejar debido a la enfermedad. Usando la estrategia llamada ¡IDEA!, aprenderán cuales son los comportamientos relacionados con la enfermedad de Alzheimer, sus significados e ideas de cómo responder competentemente.
Organizado por el PIH Health.

PRESENTACIONES EN ESPAÑOL

THURSDAYS, AUGUST 13 - SEPTEMBER 17 @ 10AM-12PM
Savvy Caregiver: a 6-week program
Co-hosted by WISE & Healthy Aging and PIH Health
Classes are small-group format & held virtually for 3 or 6 consecutive weeks. Computer with internet access required.
Registration closes 4 days prior to the event. To RSVP or for more information, please contact Sara Mikael at 323.451.2699 or smikael@alzla.org

Pláticas Educativas Gratuitas en Casa
Participe por teléfono
Para los horarios de pláticas programadas, consulte por internet en nuestro sitio web: AlzheimersLA.org/learning-at-home
Para inscribirse llame al 844.HELP.ALZ (844-435-7259) o escribanos a help@alzla.org
Las inscripciones se cierran 24 hrs. antes del evento. Duración de las Charlas: 1 hora, seguidas por preguntas y respuestas.

Aprendiendo en Casa
Free Virtual Programs & Services Available
August 2020

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.

ALZ Direct Connect®
Alzheimer’s Los Angeles is accepting ALZ Direct Connect® referrals from healthcare professionals and aging service providers. ALZ Direct Connect is a warm hand-off referral made by professionals on behalf of a patient in the early stages of dementia or a family caregiver. An Alzheimer’s Los Angeles social worker reaches out to the family based on the needs specified in the referral and provides complimentary disease education and support. ALZ Direct Connect referrals always include feedback to the referring professional after contact has been made with the family.

Make an ALZ Direct Connect referral:

Virtual Support Groups
- Mondays, 11AM–12PM: Caregiver Group
- Tuesdays, 5:30–6:30PM: Caregiver Group
- Wednesdays, 3–4PM: Spanish Speaking Group
- Wednesdays, 7–8PM: Caregiver Group
- Thursdays, 11AM–12PM: Caregiver Group
- Thursdays, 1:30–2:30PM: Early Stage Caregiver Group
- Fridays, 2–3PM: Group for Caregivers of people living in a residential facility

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