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.

SEPTEMBER 2020 Schedule

EDUCATIONAL TALKS

WEDNESDAY, SEPTEMBER 9, 2020 @ 10AM
Making Home Safe
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 Leeza's Care Connection
To register, please contact Kena: kena@leezascareconnection.org or 803.888.7525

THURSDAY, SEPTEMBER 10, 2020 @ 3PM
Staying Home, Staying Connected: Engage and Connect in Time of Social Distancing
Guest speaker Jennifer Lee is a Field Project Coordinator at the Front Porch Center for Innovation and Wellbeing. She will talk about different ways to use technology to assist those with dementia and their caregivers.
Hosted by Personal Assistance Services Council (PASC)

FRIDAY, SEPTEMBER 11, 2020 @ 10AM
LA Found: Tracking Bracelets
LA County now offers a system of trackable bracelets to help quickly locate individuals with autism, dementia, or Alzheimer’s disease when they wander and go missing. Learn about how this program works and how to apply for a bracelet.
Hosted by Gardena Valley Japanese Cultural Institute

TUESDAY, SEPTEMBER 15, 2020 @ 6PM
Making Home Safe
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.
WEDNESDAY, SEPTEMBER 16, 2020 @ 10AM

**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.

*Hosted by Cerritos Senior Center*

THURSDAY, SEPTEMBER 17, 2020 @ 1PM

**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, SEPTEMBER 24, 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.

THURSDAY, SEPTEMBER 24, 2020 @ 6PM

**Making Home Safe**
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.

*In partnership with the City of Los Angeles Emergency Management Department*

THURSDAY, SEPTEMBER 24, 2020 @ 10AM

**Caregivers & Advocates Resource Panel**
Join us to learn about and discuss important health care programs and supportive services available in Los Angeles County. Panelists will be Stephanie Spicola, MSW, Registry Engagement Manager at Personal Assistance Services Council and Kimiko Kelly, MPP, Community Education Manager at Alzheimer’s Los Angeles.

*Hosted by Aurrera Health Group*

TUESDAY, SEPTEMBER 29, 2020 @ 4PM

**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.
ACTIVITIES

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

TUESDAY, SEPTEMBER 15, 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.

THURSDAY, SEPTEMBER 17, 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.

FRIDAY, SEPTEMBER 18, 2020 @ 11AM
**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, SEPTEMBER 23, 2020 @ 10AM
**TimeSlips Creative Storytelling**
TimeSlips is an improvisational storytelling process focusing on imagination rather than memory. Through open-ended questions based on a fanciful photo prompt, the facilitator, Sarah Jacobus, invites spontaneous responses from participants that get woven into a story. There’s no pressure to answer “correctly” and no way to do it wrong! TimeSlips is lively and fun!

TUESDAY, SEPTEMBER 29, 2020 @ 6PM
**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.
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, SEPTEMBER 9, 16, & 23 @ 5-7PM
Savvy Express: 3-week program. Co-hosted by Kaiser Permanente Baldwin Park.

SATURDAYS, SEPTEMBER 12, 19, & 26 @ 10AM-12PM
Savvy Express: 3-week program. In partnership with ONEgeneration.

MONDAYS, SEPTEMBER 14 - OCTOBER 19 @ 10AM-12PM
Savvy Caregiver: 6-week program.

TUESDAYS, SEPTEMBER 15, 22, & 29 @ 2-4PM
Savvy Express: 3-week program. Co-hosted by OPICA Adult Day Program & Counseling Center & Beach Cities Health District

Classes are small-group format & held virtually. Computer with internet access required. Registration closes 4 days prior to the event. To RSVP or for more information, contact Sara Mikael at 323.451.2699 or smikael@alzla.org

Pláticas Educativas Gratuitas en Casa
Participe por internet o 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 escríbanos a help@alzla.org
Las inscripciones se cierran 24 hrs. antes del evento.
Duración de las Charlas: 1 hora, seguidas por preguntas y respuestas.

PRESENTACIONES EN ESPAÑOL

JUEVES, 10 DE SEPTIEMBRE, 2020 a las 2PM
La Comunicación y la Demencia
Comenzando con una comprensión básica de la enfermedad de Alzheimer y sus efectos, esta charla además explora los principios de comunicación necesarios para mantener conexiones significativas. Como también ofrece consejos y estrategias útiles para ayudar con problemas de comunicación durante el transcurso de la enfermedad.
Problemas con la memoria y Alzheimer
Aprenda sobre la enfermedad de Alzheimer y sus efectos. Conozca las causas de la pérdida de memoria, la demencia entre el envejecimiento normal y los síntomas de demencia, y cómo prepararse cuando visite a su doctor.

Mateniendo la salud cerebral
Sabía que su cerebro es un órgano? Descubra que dicen los estudios sobre cómo mantener nuestra memoria fuerte a medida que envejecemos—incluso consejos nutricionales, como mantenerse activo y formas de desafiar su cerebro. Esta sesión incluye varios juegos interactivos.

Creando un hogar más seguro
Un entrenamiento para familias que cuidan a alguien con demencia en casa. Se hablará sobre cómo mantener el hogar seguro identificando peligros que puedan afectar gravemente a la persona con la enfermedad de Alzheimer, aumentando así, la seguridad de todos y el tiempo que puedan vivir en casa.

UNIDOS EN EL CUIDADO
El taller consiste de 3 sesiones semanales, 2 horas por cada sesión
Esta serie de talleres ayudará a familiares de personas con pérdida de memoria. Durante las tres sesiones, se cubrirá información sobre la enfermedad de Alzheimer y la demencia, como la enfermedad afecta los comportamientos, y como cuidar de sí mismo.

Para inscribirse llame al (323)930-6272 o escribanos a mbermudez@alzla.org
Se necesita acceso a una computadora o tableta conectada al internet para tomar este taller.
Las inscripciones se cierran 4 días antes del primer día de la serie.

United in Care - Series of 3 Weeks
Presentado en conjunto con: PIH Health y Human Services Association
Free Virtual Programs & Services Available

September 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