Learning @ Home

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.

NOVEMBER 2020 Schedule

EDUCATIONAL TALKS

WEDNESDAY, NOVEMBER 4, 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, NOVEMBER 5, 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 the City of Norwalk

FRIDAY, NOVEMBER 6, 2020 @ 10AM
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 in advance to prepare for gatherings and provide a meaningful, enriching time for you, the person with dementia, and your family.
Hosted by Riverside Medical Clinic Charitable Foundation & Gardena Valley Japanese Cultural Institute
FRIDAY, NOVEMBER 6, 2020 @ 2PM  
**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.

WEDNESDAY, NOVEMBER 11, 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.

WEDNESDAY, NOVEMBER 11, 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.

MONDAY, NOVEMBER 16, 2020 @ 10AM  
**Alzheimer’s Research Update with UCLA**  
Get an update from the Mary S. Easton Center for Alzheimer’s Disease Research Center at UCLA. Hear the latest findings around the symptoms, causes and treatments for dementia and Alzheimer’s disease and efforts to find a cure.  
*Hosted by the Mary S. Easton Center for Alzheimer’s Disease Research Center at UCLA*

WEDNESDAY, NOVEMBER 18, 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 Cerritos Senior Center*

THURSDAY, NOVEMBER 19, 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 WISE & Healthy Aging*
THURSDAY, NOVEMBER 19, 2020 @ 3PM
**Dementia Friends**
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 with receive a Dementia Friend pin and become a member of this global movement developed by the Alzheimer’s Society in the United Kingdom.

*Hosted by Personal Assistance Services Council (PASC)*

FRIDAY, NOVEMBER 20, 2020 @ 10:30AM
**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.

*Hosted by Keiro*

TUESDAY, NOVEMBER 24, 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.

MONDAY, NOVEMBER 30, 2020 @ 1PM
**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.

**ACTIVITIES**

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

WEDNESDAY, NOVEMBER 4, 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!
THURSDAY, NOVEMBER 12, 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, NOVEMBER 17, 2020 @ 10AM

**Memories in the Making**

Memories in the Making is an art program that allows people with Alzheimer’s disease and other dementias to 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.

TUESDAY, NOVEMBER 17, 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.

WEDNESDAY, NOVEMBER 18, 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!

FRIDAY, NOVEMBER 20, 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.

**SAVVY CAREGIVER WORKSHOPS**

This program develops the basic knowledge, skills, and attitudes needed to care for someone with Alzheimer’s disease or another dementia.
JUEVES, 12 DE NOVIEMBRE, 2020 a las 6PM
Problemas con la memoria y el Alzheimer: ¡Platiquemos!
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.

PRESENTACIONES EN ESPAÑOL

Aprendiendo 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 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.

PRESENTACIONES EN ESPAÑOL

JUEVES, 12 DE NOVIEMBRE, 2020 a las 6PM
Problemas con la memoria y el Alzheimer: ¡Platiquemos!
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.

MONDAYS, NOVEMBER 2, 9, 16, 23, 30 & DECEMBER 7 @ 10AM-12PM
Savvy Caregiver: 6-week program. Hosted by WISE & Healthy Aging.

TUESDAYS, NOVEMBER 3, 10, & 17 @ 1-3PM
Savvy Express: 3-week program. Hosted by OPICA Adult Day Program & Counseling Center and Beach Cities Health District.

THURSDAYS, NOVEMBER 5, 12, & 19 @ 3-5PM
Savvy Express: 3-week program. Hosted by Leeza’s Care Connection.

THURSDAYS, NOVEMBER 5, 12, & 19 @ 5:30-7:30PM
Savvy Express: 3-week program. Hosted by Kaiser Permanente Baldwin Park.

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
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 cómo 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.

JUEVES, 5, 12 y 19 de NOVIEMBRE de 6-8PM
Unidos en el Cuidado - Serie de 3 semanas
Free Virtual Programs & Services Available

November 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