

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 **rsvp@alzla.org**

Registration closes 24 hours prior to the event.

All talks are 1 hour long, followed by Q&A.

When you RSVP via e-mail, please include:

- Workshop Name/Date/Time
- Your full name
- Phone number
- ZIP code

SEPTEMBER 2021 Schedule

EDUCATIONAL TALKS

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 1, 2021 @ 5PM
- SATURDAY, SEPTEMBER 4, 2021 @ 9AM

Communication & Dementia

Beginning with a basic understanding of Alzheimer's disease and its effect, this program explores communication principles necessary to maintain meaningful connections. Using scenarios, this training offers tips and useful strategies to help with communication issues over the course of the disease.

- TUESDAY, SEPTEMBER 7, 2021 @ 5PM
- THURSDAY, SEPTEMBER 9, 2021 @ 10AM

Better Quality of Life Through Hearing and Vision Assistive Technology

WEDNESDAY, SEPTEMBER 8, 2021 @ 2PM

Vision loss is a completely normal part of aging and you are not alone in navigating this space. Jennifer Lee of the Front Porch Center for Innovation and Wellbeing is here to share learnings from vision based pilot projects and offer suggestions of vision assistive smartphone apps and technology.

Hosted by Personal Assistance Services Counsel (PASC)

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, SEPTEMBER 8, 2021 @ 4PM
- TUESDAY, SEPTEMBER 14, 2021 @ 1PM
- TUESDAY, SEPTEMBER 21, 2021 @ 5PM
- THURSDAY, SEPTEMBER 23, 2021 @ 10AM
- FRIDAY, SEPTEMBER 24, 2021 @ 6PM

Legal & Financial Planning

FRIDAY, SEPTEMBER 10, 2021 @ 11AM

Legal and financial planning can be complex and feel overwhelming. Learn about what decisions you can make and what paperwork you need to complete to be prepared including wills, trusts, advanced directives and powers of attorney.

Hosted by Pasadena Senior Center

African Americans, Brain Health and High Blood Pressure

THURSDAY, SEPTEMBER 16, 2021 @ 10AM

Do you know anyone with High Blood Pressure? Many African Americans have High Blood Pressure and if left uncontrolled or undetected can lead to problems with your brain. Please join Alzheimer's Los Angeles and The Seniors On The Move of Faithful Central Bible Church for a learning opportunity as well as discussion on African Americans, Brain Health and High Blood Pressure.

Technology Tips for Caregivers

TUESDAY, SEPTEMBER 21, 2021 @ 11AM

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 City of Monterey Park

California Phones – Making it Easier to Stay Connected

TUESDAY, SEPTEMBER 21, 2021 @ 3PM

California Phones provides specialized telephones and accessories making it easier to call friends and family for those who have challenges with hearing, vision, mobility, speech or memory. Learn about phones with sound amplification, photo buttons, flashing lights for incoming calls, and more.

Hosted by USC Verdugo Hills Hospital Community Resource Center for Aging

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.

- THURSDAY, SEPTEMBER 23, 2021 @ 5:30PM

Hosted by Los Angeles Public Library

- THURSDAY, SEPTEMBER 30, 2021 @ 4:30PM

Hosted by Urban Wealth Management

Memory Loss & Alzheimer's

WEDNESDAY, SEPTEMBER 29, 2021 @ 5PM

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.

Dementia & Firearms Safety

THURSDAY, SEPTEMBER 30, 2021 @ 6PM

Please join us for a special virtual presentation by Dr. Laura Prater, Ph.D., MPH, MHA, presenting from the University of Washington Firearm Injury & Policy Research Program.

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. Zoom link will be provided.

LA Opera “Music to Remember” Workshop

THURSDAY, SEPTEMBER 9, 2021 @ 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. This recital with LA Opera teaching artist Nandani Sinha stimulate remembrance and gently invite reflection through familiar and beloved songs. Of course, we encourage joyful interaction and singing-along throughout.

Online Activity Hour

WEDNESDAY, SEPTEMBER 15, 2021 @ 11AM

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!

LACMA “Personal Connections” Program

TUESDAY, SEPTEMBER 21, 2021 @ 1PM

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, SEPTEMBER 24, 2021 @ 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.

Memories in the Making

TUESDAY, SEPTEMBER 21 & 28, 2021 @ 10AM

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.

SAVVY CAREGIVER WORKSHOPS

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

THURSDAYS, SEPTEMBER 2, 9, 16 @ 5:30 - 7:30PM

Savvy Caregiver Express: 3-week program

Hosted by Kaiser Permanente Baldwin Park Medical Center

WEDNESDAYS, SEPTEMBER 8, 15, 22 @ 10AM-12PM

Savvy Caregiver Express: 3-week program

Hosted by Cerritos Senior Center

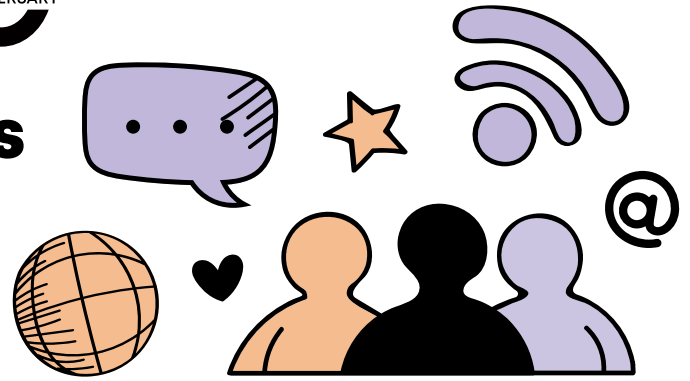
WEDNESDAYS, SEPTEMBER 22, 29 & OCTOBER 6, 13, 20, 27 @ 10AM-12PM

Savvy Caregiver: 6-week program

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](tel:323.451.2699) or smikael@alzla.org.

Free Virtual Programs & Services Available

September 2021



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:

AlzheimersLA.org/wp-content/uploads/2020/08/ALZDirectConnect_ReferralForm_0819_TypeFriendly-1.pdf

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**