

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

DECEMBER 2021 Schedule

EDUCATIONAL TALKS

Making Home Safe

THURSDAY, DECEMBER 2, 2021 @ 9AM

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.

Technology Tips for Caregivers

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.

- WEDNESDAY, DECEMBER 8, 2021 @ 10AM

Hosted by Cerritos Senior Center

- WEDNESDAY, DECEMBER 21, 2021 @ 3PM

Hosted by USC Verdugo Hills

Communication & Dementia

WEDNESDAY, DECEMBER 8, 2021 @ 11AM

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.

Hosted by Personal Assistance Services Counsel (PASC)

Memory Loss & Alzheimer's

WEDNESDAY, DECEMBER 8, 2021 @ 5:30PM

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.

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, DECEMBER 9, 2021 @ 11AM
- THURSDAY, DECEMBER 16, 2021 @ 5:30PM

Holiday Tips for Caregivers

FRIDAY, DECEMBER 10, 2021 @ 11AM

The holidays can be a stressful time for families with a member with Alzheimer's or dementia. Learn about things you can do to prepare for gatherings and provide a meaningful, enriching time for you, the person with dementia and your family.

Hosted by Pasadena Senior Center

Lost Memories: Short Film & Discussion

(written & directed by Jessica Silvetti)

TUESDAY, DECEMBER 14, 2021 @ 11AM

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 City of Monterey Park

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.

TimeSlips Creative Storytelling

WEDNESDAY, DECEMBER 1, 2021 @ 10AM

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!

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.

- MONDAY, DECEMBER 6, 2021 @ 10AM
- TUESDAY, DECEMBER 21, 2021 @ 10AM

Online Activity Hour

THURSDAY, DECEMBER 9, 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!

LA Opera "Music to Remember" Workshop

THURSDAY, DECEMBER 16, 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.

Holiday Recital

THURSDAY, DECEMBER 16, 2021 @ 1PM

Join LA Opera Connects artists for a live online recital as they celebrate the holidays with a program of familiar and beloved music. This program will be provided safely via a Zoom invitation.

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, DECEMBER 2, 9, 16 @ 4-6PM

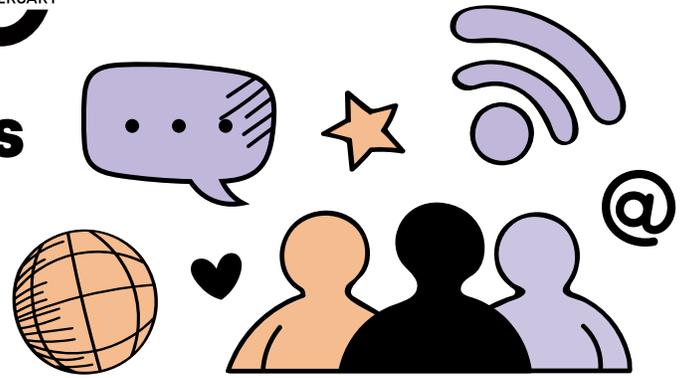
Savvy Caregiver Express: 3-week program

Hosted by Kaiser Permanente Baldwin Park Medical Center

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**.

Free Virtual Programs & Services Available

December 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

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**