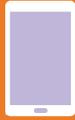


Learning @Home



Free Distance Learning Talks

Join us by Webinar or Telephone Call

See our website for dates & times:

AlzheimersLA.org/calendar

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

JANUARY 2022 Schedule

EDUCATIONAL TALKS

Caring for those with Alzheimer's—African American Voices

THURSDAY, JANUARY 6, 2022 @ 10AM

Three short videos featuring local African American families caring for their family member with Alzheimer's or another dementia. In these videos, families share information about warning signs, going beyond the stigma of the disease, and getting help to assist them on their journeys.

Memory Loss & Alzheimer's

THURSDAY, JANUARY 13, 2022 @ 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.

Keeping Your Brain Healthy

Did you know that you can keep your brain healthy? Learn how you can monitor what affects your brain health, identify the connection between other diseases and brain health, and the importance of understanding the warning signs of Alzheimer's disease and related dementias.

- MONDAY, JANUARY 17, 2022 @ 6PM

Hosted by Connected to Lead

Keeping Your Brain Healthy (cont).

Did you know that you can keep your brain healthy? Learn how you can monitor what affects your brain health, identify the connection between other diseases and brain health, and the importance of understanding the warning signs of Alzheimer's disease and related dementias.

- THURSDAY, JANUARY 20, 2022 @ 11AM

Hosted by Dignity Health St. Mary Medical Center

Communication & Dementia

THURSDAY, JANUARY 20, 2022 @ 5PM

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.

Keeping Your Brain Healthy for African Americans and Latinos in South Los Angeles

MONDAY, JANUARY 24, 2022 @ 2PM

Did you know that you can keep your brain healthy? Learn how you can monitor what affects your brain health, identify the connection between other diseases and brain health, and the importance of understanding the warning signs of Alzheimer's disease and related dementias.

Hosted by Dignity Health St. Mary Medical Center

Dementia and the DMV

WEDNESDAY, JANUARY 26, 2022 @ 10AM

Learn about the DMV's policies for those living with Alzheimer's, driver safety knowledge test, driver license renewal requirements, senior ID cards, and more.

Behaviors & Alzheimer's Disease

THURSDAY, JANUARY 27, 2022 @ 5PM

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 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, JANUARY 5, 2022 @ 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. Ar t supplies provided upon request.

- TUESDAY, JANUARY 11, 2022 @ 10AM
- TUESDAY, JANUARY 25, 2022 @ 10AM

Online Activity Hour

WEDNESDAY, JANUARY 12, 2022 @ 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, JANUARY 13, 2022 @ 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.

LACMA “Personal Connections” Program

TUESDAY, JANUARY 18, 2022 @ 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, JANUARY 21, 2022 @ 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.

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, JANUARY 4, 11, 18, 25 & FEBRUARY 1, 8 from 1-3PM

Savvy Caregiver, 6-week program

MONDAYS, JANUARY 10, 24, 31 from 5:30-7:30PM

Savvy Caregiver Express, 3-week program

Hosted by Pasadena Senior Center

WEDNESDAYS, JANUARY 12, 19, 26 from 10AM-12PM

Savvy Caregiver Express, 3-week program

THURSDAYS, JANUARY 27 & FEBRUARY 3, 10 from 3-5PM

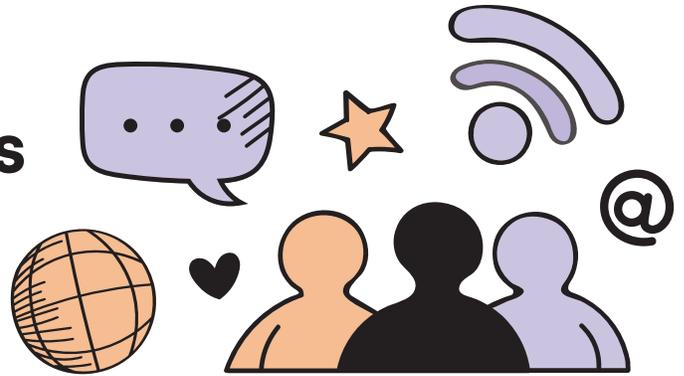
Savvy Caregiver Express, 3-week program

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** or **smikael@alzla.org**.



Free Virtual Programs & Services Available

JANUARY 2022



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