



LEARN + CONNECT



Join free classes and programs in person, virtually, or by phone.

Visit our website for dates & times and to RSVP: AlzheimersLA.org/calendar

If you need help registering, call 844.HELP.ALZ (844-435-7259) or email rsvp@alzla.org

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

Registration closes 24 hours prior to all virtual classes and programs.

May 2022 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.

- TUESDAY, MAY 3, 2022 @ 5PM – VIRTUAL
- THURSDAY, MAY 12, 2022 @ 10AM
*Co-hosted by Gardena Valley Japanese Cultural Institute
In-person event at 1964 W. 162nd St. Gardena, CA 90247**
- TUESDAY, MAY 17, 2022 @ 5PM – VIRTUAL
- THURSDAY, MAY 19, 2022 @ 11AM – VIRTUAL

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, MAY 4, 2022 @ 11AM – VIRTUAL
- THURSDAY, MAY 19, 2022 @ 10:30AM – VIRTUAL
Co-hosted by PASC
- WEDNESDAY, MAY 25, 2022 @ 5PM – VIRTUAL

Memory Loss & Alzheimer's

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.

- THURSDAY, MAY 5, 2022 @ 10:30AM – VIRTUAL
- THURSDAY, MAY 12, 2022 @ 10AM
Co-hosted by Weingart Senior Center
*In-person event at 5220 Oliva Ave, Lakewood, CA 90712**

Communication & Dementia

TUESDAY, MAY 10, 2022 @ 5PM – *Virtual*

Beginning with a basic understanding of Alzheimer's disease and its effects, 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.

Healthy Brain Habits

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.

- WEDNESDAY, MAY 11, 2022 @ 10AM
Co-hosted by Cerritos Senior Center
*In-person event at 12340 South St. Cerritos, CA 90703**
- WEDNESDAY, MAY 11, 2022 @ 5:30PM – VIRTUAL

Lost Memories: Video & Discussion

Written & directed by Jessica Silveti

WEDNESDAY, MAY 18, 2022 @ 4PM – VIRTUAL

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 before they come together.

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.

Online Activity Hour

WEDNESDAY, MAY 4, 2022 @ 11AM – VIRTUAL

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!

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, May 9, 2022 @ 10AM – VIRTUAL
- MONDAY, May 23, 2022 @ 10AM – VIRTUAL

LACMA “Personal Connections” Program

TUESDAY, MAY 17, 2022 @ 1PM – VIRTUAL

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, MAY 20, 2022 @ 11AM – VIRTUAL

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.

TimeSlips Creative Storytelling

WEDNESDAY, MAY 25, 2022 @ 10AM – VIRTUAL

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!

LA Opera "Music to Remember" Workshop

THURSDAY, MAY 26, 2022 @ 11AM – VIRTUAL

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.

Memory Mornings

Memory Mornings® is an exciting activities program for people living in the mid-stages of dementia and for their care partners. Participants enjoy cognitively stimulating activities, a chance to mingle, and interactive presentations on music, art, yoga, and more. This is an in-person activity program held at the Alzheimer's Los Angeles Wilshire office that meets the 2nd and 4th Fridays of each month from 10:00am-12:00pm. We are now accepting new participants. Please contact Anne Oh at aoh@alzla.org or 323-930-6271 for more information.

- FRIDAY, MAY 13, 2022 @ 10AM-12PM
- FRIDAY, MAY 27, 2022 @ 10AM-12PM

SAVVY CAREGIVER WORKSHOPS

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

MONDAYS, MAY 2, 9, 16 from 10AM–12PM – VIRTUAL

Savvy Caregiver Express, 3-week program

TUESDAYS, MAY 10, 17, 24 from 5:30–7:30PM – VIRTUAL

Savvy Caregiver Express, 3-week program

Co-hosted by Heritage Clinic Pasadena

FRIDAYS, MAY 13, 20, 27 from 10AM–12PM – VIRTUAL

Savvy Caregiver Express, 3-week program

Co-hosted by Riverside Library

MONDAYS, MAY 16, 23, 31 from 10AM–12PM – VIRTUAL

Savvy Caregiver Express, 3-week program

THURSDAYS, MAY 19, 26 AND JUNE 2 FROM 3–5PM – VIRTUAL

Savvy Caregiver Express, 3-week program

Hosted by Kaiser Baldwin Park

Registration closes 4 days prior to the workshop.

To RSVP or for more information, email smikael@alzla.org or call **(323) 451.2699**.

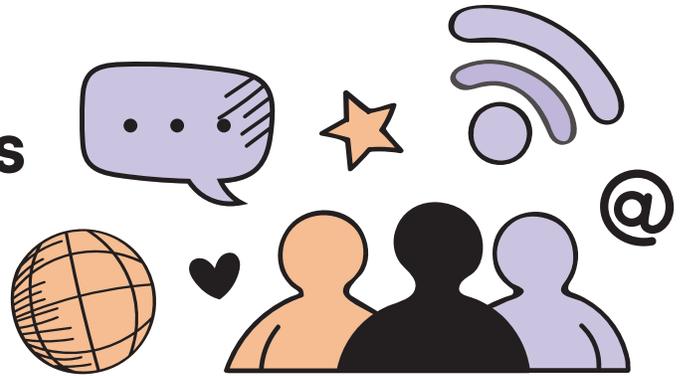
**In-person classes are subject to being changed to virtual/online or to being postponed due to COVID-19. Everyone registered will receive information about any changes ahead of the class start date.*

For the protection of our staff and our community, Alzheimer's Los Angeles strongly encourages all participants to be fully vaccinated against COVID-19. We will be following the current LA City and County guidelines for indoor mask use and social distancing. Participants should stay at home if they are feeling sick or have been in close contact with someone who is sick.



Free Virtual Programs & Services Available

May 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.

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