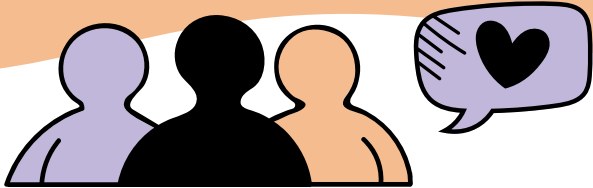


LEARN + CONNECT



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.

JUNE 2022 Schedule

UPCOMING EVENTS

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, JUNE 2 @ 11AM
Virtual
- THURSDAY, JUNE 16 @ 5PM
Virtual

A Quick Look at Alzheimer's: Video & Discussion

MONDAY, JUNE 6 @ 3PM

Learn about the progression of Alzheimer's and its effects on the brain. Learn how to reduce stigma and improve care.

Virtual

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.

- WEDNESDAY, JUNE 8 @ 10AM
Co-hosted by Cerritos Senior Center; In-person at 12340 South St. Cerritos, CA 90703
- THURSDAY, JUNE 9 @ 10AM
Co-hosted by Weingart Senior Center; In-person event at 5220 Oliva Ave. Lakewood, CA 90712
- WEDNESDAY, JUNE 15 @ 3PM
Co-hosted by The Key; Virtual

Behaviors & Alzheimer's Disease

WEDNESDAY, JUNE 8 @ 3PM

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.

Co-hosted by The Key; Virtual

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.

- THURSDAY, JUNE 16 @ 10AM

Co-hosted by USC Rancho Los Amigos; Virtual

- TUESDAY, JUNE 28 @ 10AM

Virtual

Caring for those with Alzheimer's: African American Voices

THURSDAY, JUNE 16 @ 3PM

Families share information about warning signs, going beyond the stigma of the disease, and getting help to assist them.

Virtual

Dementia and the DMV

THURSDAY, JUNE 30 @ 10:30AM

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.

Virtual

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. All activities are virtual and a Zoom link will be provided.

TimeSlips Creative Storytelling

WEDNESDAY, JUNE 1 @ 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!

Online Activity Hour

WEDNESDAY, JUNE 8 @ 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!

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, JUNE 13 @ 10AM
- MONDAY, JUNE 27 @ 10AM

BasebALZ Program

FRIDAY, JUNE 17 @ 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.

LACMA “Personal Connections” Program

TUESDAY, JUNE 21 @ 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.

LA Opera “Music to Remember” Workshop

THURSDAY, JUNE 23 @ 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.

SAVVY CAREGIVER WORKSHOPS

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

WEDNESDAYS, JUNE 1, 8, 15, 22, 29 & JULY 6, 11AM-1PM

Savvy Caregiver: 6-week program

Virtual

TUESDAYS, JUNE 7, 14, 21, 3-5PM

Savvy Caregiver Express: 3-week program

Virtual

THURSDAYS, JUNE 30 & JULY 7, 14, 5-7PM

Savvy Caregiver Express: 3-week program

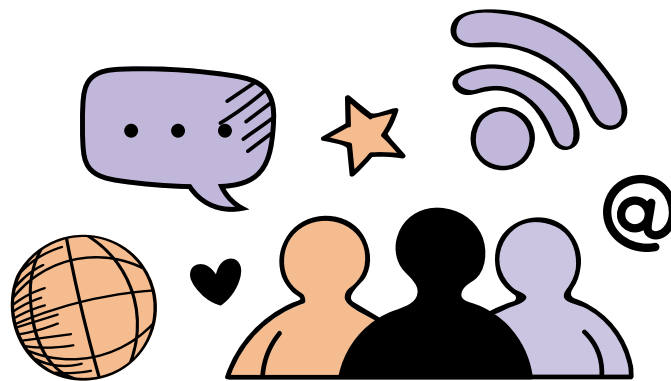
Co-hosted by Kaiser Baldwin Park; Virtual

The workshop will be held via webinar. Computer and internet access required. Registration closes 4 days prior to the workshop. To RSVP or for more information, contact Sara Mikael at **323.451.2699** or **smikael@alzla.org**.



FREE Programs & Services Available

JUNE 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**