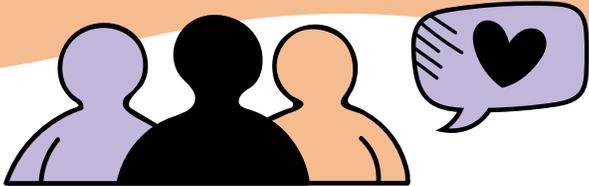


# LEARN + CONNECT



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.

## AUGUST 2022 Schedule UPCOMING EVENTS

### **African Americans and Alzheimer's**

WEDNESDAY, AUGUST 3 @ 10AM

Learn about the challenges of Alzheimer's in the African American community and what Alzheimer's Los Angeles offers for care and support.

*Virtual*

### **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.

- MONDAY, AUGUST 8 @ 3PM

*Virtual*

- THURSDAY, AUGUST 11 @ 10AM

*Co-hosted by Weingart Senior Center - In-person at 5220 Oliva Ave. Lakewood, CA 90712*

- MONDAY, AUGUST 22 @ 11AM  
**(Asian-American focused)**

*Virtual*

### **LA Found: Tracking Bracelets**

WEDNESDAY, AUGUST 10 @ 10AM

LA County now offers a system of trackable bracelets to help quickly locate individuals with autism, dementia, or Alzheimer's disease when they wander and go missing. Learn about how this program works and how to apply for a bracelet.

*Co-hosted by Cerritos Senior Center - In-person at 12340 South St. Cerritos, CA 90703*

## **Healthy Brain Habits**

FRIDAY, AUGUST 12 @ 10AM

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.

*Co-hosted by Hope Through Housing - In-person at 446 W Commercial St. Pomona, CA 91768*

## **Behaviors & Alzheimer's Disease**

**(Asian-American focused)**

MONDAY, AUGUST 15 @ 2PM

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.

*Virtual*

## **Lost Memories: Short Film & Discussion**

*(written and directed by Jessica Silvetti)*

WEDNESDAY, AUGUST 24 @ 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.

*Virtual*

# ACTIVITIES

Programs available to provide engaging opportunities for people living with dementia and their care partners.

RSVP at [rsvp@alzla.org](mailto:rsvp@alzla.org) or 323.930.6271. All activities are virtual and a Zoom link will be provided.

## **Drama Therapy Activity**

TUESDAY, AUGUST 2 @ 1PM

Drama therapy is the use of theatre techniques (role play, sculpturing, monologues, masks, etc.) to facilitate personal growth and promote mental health.

## **TimeSlips Creative Storytelling**

WEDNESDAY, AUGUST 3 @ 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, AUGUST 3 @ 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, AUGUST 8 @ 10AM
- MONDAY, AUGUST 22 @ 10AM

## **LACMA “Personal Connections” Program (IN-PERSON)**

TUESDAY, AUGUST 16 @ 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, AUGUST 18 @ 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.

## **BasebALZ Program**

THURSDAY, AUGUST 25 @ 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.

**THURSDAYS, AUGUST 25, SEPTEMBER 1 & 8, 3-5PM**

Savvy Caregiver Express: 3-week program

*Co-hosted by Kaiser Baldwin Park - Virtual*

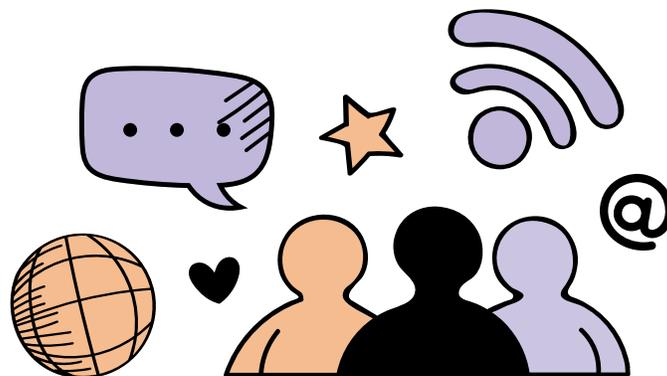
The workshop will be held via webinar. Computer and internet access required. Registration closes 4 days prior to the workshop.

To RSVP, please visit [AlzheimersLA.org/calendar](https://AlzheimersLA.org/calendar). If you need help registering, call **844.HELP.ALZ** (844-435-7259) or email [rsvp@alzla.org](mailto:rsvp@alzla.org).



# FREE Programs & Services Available

## AUGUST 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](https://AlzheimersLA.org/wp-content/uploads/2020/08/ALZDirectConnect_ReferralForm_0819_TypeFriendly-1.pdf)

### Virtual Support Groups

[AlzheimersLA.org/for-families/services/support-groups](https://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**