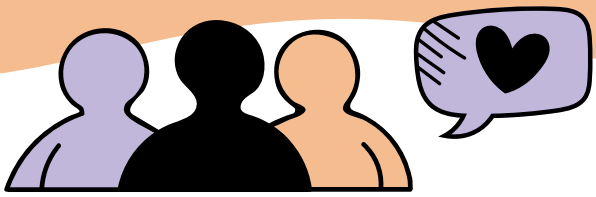
LEARN + CONNECT



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.

SEPTEMBER 2022 Schedule

UPCOMING EVENTS

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.

- TUESDAY, SEPTEMBER 6 @ 10AM
  Co-hosted by Walnut Senior Center - In-person at 21215 La Puente Rd, Walnut, CA 91789
- THURSDAY, SEPTEMBER 8 @ 10AM
  Co-hosted by Weingart Senior Center - In-person at 5220 Oliva Ave. Lakewood, CA 90712
- WEDNESDAY, SEPTEMBER 14 @ 1PM
  Co-hosted by YMCA of the Foothills - In-person at 1930 Foothill Blvd. La Cañada Flintridge, CA 91011
- MONDAY, SEPTEMBER 19 @ 10:30AM
  Virtual
- THURSDAY, SEPTEMBER 29 @ 2PM
  Co-hosted by Japanese Cultural Institute - In-person at 1964 W 162nd St, Gardena, CA 90247

Making Home Safe

WEDNESDAY, SEPTEMBER 7 @ 10:30AM

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.

Virtual

Caring for those with Alzheimer's: African American Voices

MONDAY, SEPTEMBER 12 @ 10:30AM

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

Virtual

Dementia Friends

Become a Dementia Friend by completing this one-hour session. Learn five key messages about dementia and develop action steps to help your community. Each participant with receive a Dementia Friend pin and become a member of this global movement developed by the Alzheimer's Society in the United Kingdom.

- THURSDAY, SEPTEMBER 15 @ 10:30AM
  Co-hosted by PASC - Virtual
- WEDNESDAY, SEPTEMBER 21 @ 11AM
  Co-hosted by Dignity Health St. Mary Medical Center - Virtual
- TUESDAY, SEPTEMBER 27 @ 10AM
  Co-hosted by Walnut Senior Center - In-person at 21215 La Puente Rd, Walnut, CA 91789

Memory Loss & Alzheimer's

An overview of Alzheimer's disease and its effects. Learn about what causes memory loss, the difference.

- MONDAY, SEPTEMBER 19 @ 10AM
  Co-hosted by Julia McNeil Senior Center - In-person at 4100 Baldwin Park Blvd. Baldwin Park CA, 91706
- TUESDAY, SEPTEMBER 20 @ 10AM
  Co-hosted by Walnut Senior Center - In-person at 21215 La Puente Rd, Walnut, CA 91789

Grandpa is Missing: A Conversation About Wandering and Getting Lost

MONDAY, SEPTEMBER 26 @ 10:30AM

Learn about what to do when people with Alzheimer's or another dementia wander or get lost.

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, SEPTEMBER 7 @ 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, SEPTEMBER 7 @ 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.

- TUESDAY, SEPTEMBER 6 @ 10AM
- TUESDAY, SEPTEMBER 20 @ 10AM

Drama Therapy Activity

TUESDAY, SEPTEMBER 13 @ 1PM

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

LACMA “Personal Connections” Program

TUESDAY, SEPTEMBER 20 @ 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, SEPTEMBER 22 @ 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

FRIDAY, SEPTEMBER 30 @ 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.

WEDNESDAYS, SEPTEMBER 14, 21, 28, 10AM-12PM

Savvy Caregiver Express: 3-week program

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

FRIDAYS, SEPTEMBER 16, 23, 30, 9AM-11AM

Savvy Caregiver Express: 3-week program

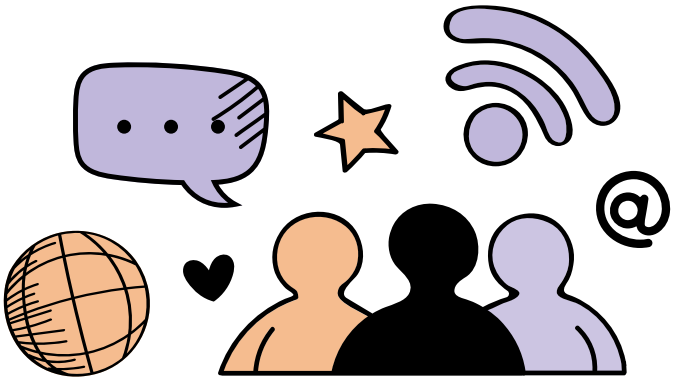
Virtual

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**. If you need help registering, please email **rsvp@alzla.org**.

Alzheimer's
LOS ANGELES

FREE Programs & Services Available

SEPTEMBER 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**