DECEMBER 2022 Schedule
UPCOMING EVENTS

Holiday Tips for Caregivers
The holidays can be a stressful time for families with a member with Alzheimer’s or dementia. Learn about things you can do to prepare for gatherings and provide a meaningful, enriching time for you, the person with dementia and your family.

• THURSDAY, DECEMBER 1 @ 11AM (Virtual)
• THURSDAY, DECEMBER 8 @ 3PM (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.

• MONDAY, DECEMBER 5 @ 3PM (Virtual)
• MONDAY, DECEMBER 12 @ 11AM
  Co-hosted by Jewish Family Service LA - In-person at 330 N. Fairfax Ave. Los Angeles, CA 90036
• THURSDAY, DECEMBER 15 @ 2:30PM (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.

• WEDNESDAY, DECEMBER 14 @ 10AM
  Co-hosted by Cerritos Senior Center - In-person at 12340 South St, Cerritos, CA 90703
• WEDNESDAY, DECEMBER 14 @ 12:15PM
  Co-hosted by Temple Ahavat Shalom - In-person at 18200 Rinaldi Pl. Northridge, CA 91326

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.AZ (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.
LA Found: Tracking Bracelets for Wanderers  
THURSDAY, DECEMBER 15 @ 10:30AM  
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 PASC - Virtual

Behaviors & Alzheimer’s Disease  
MONDAY, DECEMBER 19 @ 10AM  
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 Julia McNeil Senior Center - In-person at 4100 Baldwin Park Blvd, Baldwin Park CA, 91706
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, DECEMBER 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, DECEMBER 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.

- **MONDAY, DECEMBER 5 @ 10AM**
- **MONDAY, DECEMBER 19 @ 10AM**

**LA Opera “Music to Remember” Workshop**
**THURSDAY, DECEMBER 8 @ 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, DECEMBER 13 @ 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, DECEMBER 16 @ 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.

Drama Therapy Activity
FRIDAY, DECEMBER 16 @ 1PM
Drama therapy is the use of theatre techniques (role play, sculpturing, monologues, masks, etc.) to facilitate personal growth and promote mental health.

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, DECEMBER 1, 8, 15, 5–7PM
Savvy Caregiver Express: 3-week program
Virtual

FRIDAYS, DECEMBER 2, 9, 16, 9–11AM
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. call (844)435-7259.
FREE Programs & Services Available
DECEMBER 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