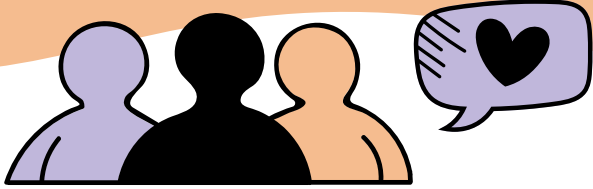


# LEARN + CONNECT



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

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

All talks are 1 hour long, followed by Q&A. Registration closes 24 hours prior to all **virtual** classes and programs.

## MARCH 2023 Schedule UPCOMING EVENTS

### Lost Memories Season 2 – The Middle Stages

*(written and directed by Jessica Silvetti)*

MONDAY, MARCH 6 @ 10AM

The Ramirez family's journey continues as Grandma Gloria is now living with middle-stage Alzheimer's. Each episode features topics like common difficulties caused by middle-stage Alzheimer's, effective ways of addressing challenging behaviors like hallucinations and resistance to bathing, caregiver stress, and the importance of asking for and accepting help.

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

### 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, MARCH 7 @ 1PM

*Co-hosted by Monterey Park Senior Center - In-person at 400 W Emerson Ave, Monterey Park, CA 91754*

- THURSDAY, MARCH 16 @ 3:30PM

*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.

- TUESDAY, MARCH 7 @ 2PM

*Co-hosted by OneGeneration Senior Center - In-person at 18255 Victory Blvd, Reseda, CA 91335*

- THURSDAY, MARCH 23 @ 10:30AM

*Virtual*

## **Memory Loss & Alzheimer's**

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

- TUESDAY, MARCH 7 @ 2PM  
*Virtual*
- WEDNESDAY, MARCH 15 @ 11AM  
*Virtual*

## **Caring for those with Alzheimer's: African American Voices**

THURSDAY, MARCH 9 @ 11AM

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

*Virtual*

## **Communication & Dementia and Caregivers are People too**

THURSDAY, MARCH 9 @ 2PM

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.

*Co-hosted by Independence @ Home - 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 will receive a Dementia Friend pin and become a member of this global movement developed by the Alzheimer's Society in the United Kingdom.

- TUESDAY, MARCH 14 @ 2PM  
*Virtual*
- THURSDAY, MARCH 16 @ 10AM  
*Co-hosted by Cerritos Senior Center - In-person at 12340 South St, Cerritos, CA 90703*

# 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.

## **Online Activity Hour**

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!

- WEDNESDAY, MARCH 1 @ 11AM
- WEDNESDAY, MARCH 29 @ 11AM

## **TimeSlips Creative Storytelling**

WEDNESDAY, MARCH 8 @ 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!

## **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, MARCH 13 @ 10AM
- MONDAY, MARCH 27 @ 10AM

## **LA Opera "Music to Remember" Workshop**

THURSDAY, MARCH 16 @ 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.

## **Drama Therapy Activity**

THURSDAY, MARCH 16 @ 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, MARCH 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.

## **BasebALZ Program**

FRIDAY, MARCH 31 @ 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.

### **MONDAYS, MARCH 6, 13, 20, 9–11AM**

Savvy Caregiver Express: 3-week program

*Virtual*

### **WEDNESDAYS, MARCH 15, 22, 29, 1–3PM**

Savvy Caregiver Express: 3-week program

*Co-hosted by Japanese Cultural Institute - In-person at 1964 W 162nd St, Gardena, CA 90247*

### **WEDNESDAYS, MARCH 22, 29 & APRIL 5, 10AM–12PM**

Savvy Caregiver Express: 3-week program

*Virtual*

### **FRIDAYS, MARCH 24, 31, & APRIL 7, 14, 21, 28, 10AM–12PM**

Savvy Caregiver Express: 3-week program

*Virtual*

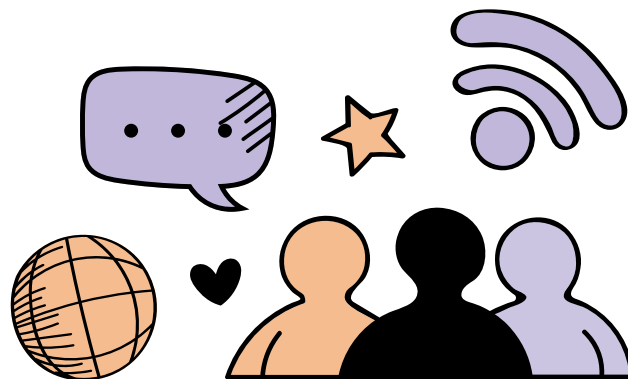
The workshop will be held via webinar. Computer and internet access required. Registration closes 4 days prior to the workshop.

To RSVP, please call or email **Sara** at **(323)930-6229** or **[smikael@alzla.org](mailto:smikael@alzla.org)**.



# FREE Programs & Services Available

## MARCH 2023



### 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](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**