LEARN + CONNECT

JULY 2023 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.

• SATURDAY, JULY 1 @ 10AM
  Virtual

• MONDAY, JULY 10 @ 10AM
  Co-hosted by Culver City Senior Center - In-person at 4095 Overland Ave, Culver City, CA 90232

• TUESDAY, JULY 25 @ 12:30PM
  Co-hosted by Arcadia Community Center - In-person at 365 Campus Dr, Arcadia, CA 91007

Making Home Safe for a Person with Alzheimer’s
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.

• THURSDAY, JULY 13 @ 5PM (Asian American Focused)
  Virtual

• THURSDAY, JULY 20 @ 9:30AM
  Virtual

Lost Memories Season 2
(written and directed by Jessica Silvetti & E.B. Kogan)
SATURDAY, JULY 8 @ 9:30AM
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 Las Palmas Park - In-person at 505 S. Huntington St, San Fernando, CA 91340

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.
Behaviors & Alzheimer’s Disease: Using IDEA!
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.

- SATURDAY, JULY 8 @ 11AM
  Virtual
- WEDNESDAY, JULY 26 @ 12PM
  Co-hosted by Leeza’s Care Connection - Virtual

Memory Matters: Caring for Your Brain
TUESDAY, JULY 11 @ 5PM
Interested in learning how to care for your brain? Learn how to talk to a doctor about memory concerns, what to do when you notice signs of cognitive impairment, and why getting an early diagnosis can be helpful for overall health and quality of life.
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.

- WEDNESDAY, JULY 12 @ 10:30AM
  Virtual
- THURSDAY, JULY 13 @ 5:30PM
  Co-hosted by Northridge Branch Library - In-person at 9051 Darby Ave, Northridge, CA 91325
- WEDNESDAY, JULY 19 @ 11:30AM
  Co-hosted by Montebello Senior Center - In-person at 115 S. Taylor Ave, Montebello CA 90640

Caring for those with Alzheimer's: African American Voices
Families share information about warning signs, going beyond the stigma of the disease, and getting help to assist them.

- THURSDAY, JULY 13 @ 11AM
  Virtual
- TUESDAY, JULY 18 @ 11AM
  Virtual

Lost Memories Season 1
(written and directed by Jessica Silvetti)
TUESDAY, JULY 18 @ 3PM
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.
Co-hosted by Henry Mayo Fitness & Health - In-person at 24525 Town Center Way, Valencia, CA 91355
Alzheimer’s Disease Research Update
THURSDAY, JULY 20 @ 10AM
Get an update from the Mary S. Easton Center for Alzheimer’s Disease Research Center at UCLA. Hear the latest findings around the symptoms, causes and treatments for dementia and Alzheimer’s disease and efforts to find a cure.
Co-hosted by Mary S. Easton Center for Alzheimer’s Disease Research and Care at UCLA
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 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, JULY 5 @ 11AM
• WEDNESDAY, JULY 19 @ 11AM

Creative Reflections
This virtual workshop is a time for participants to play, rehearse, and reflect using theatrical and expressive tools such as warm-up games, monologues, poetry, masks, dancing, photographic therapy, and drama therapy. This workshop is a time to engage in fun and stimulating creative exploration, with the aim of conditioning participants for better emotional and mental responses. Group participants are invited to honor themselves and practice better focus, presence, and self-confidence in the comfort of their own homes.
• THURSDAY, JULY 6 @ 1PM
• THURSDAY, JULY 27 @ 1PM
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, JULY 10 @ 10AM
- MONDAY, JULY 24 @ 10AM

TimeSlips Creative Storytelling
WEDNESDAY, JULY 12 @ 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!

LA Opera “Music to Remember” Workshop
THURSDAY, JULY 13 @ 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, JULY 18 @ 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, JULY 21 @ 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.

TUESDAYS, JULY 11, 18, 25 & AUGUST 1, 8, 15, 5–7PM
Savvy Caregiver®: 6-week program
Virtual

THURSDAYS, JULY 13, 20, 27 & AUGUST 3, 10, 17, 10AM–12PM
Savvy Caregiver®: 6-week program
Virtual

MONDAYS, JULY 3, 10, 17, 8:30–10:30AM
Savvy Caregiver® Express: 3-week program
Virtual

WEDNESDAYS, JULY 12, 19, 26, 5–7PM (Asian American Focused)
Savvy Caregiver® Express: 3-week program
Virtual

THURSDAYS, JULY 6, 13, 20, 10AM–12:30PM
Savvy Caregiver® Express: 3-week program
Co-hosted by Pasadena Senior Center - In-person at 85 E. Holly St, Pasadena, CA 91103

Workshops will be held via webinar. Computer and internet access required.

Registration required and closes 4 days prior to the workshop. To RSVP or for more information, please contact Sara at smikael@alzla.org or (323)930-6229.

We would like to inform you that we will cancel a Savvy workshop if fewer than three people register for the Savvy workshop. If a workshop is canceled, we will work with you to find another Savvy workshop for you to attend. We appreciate your understanding and look forward to you participating in our upcoming workshops.
FREE Programs & Services Available

JULY 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

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