AUGUST 2023 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, AUGUST 1 @ 4:30PM**
  Virtual
- **THURSDAY, AUGUST 10 @ 3PM**
  Co-hosted by Gardens at Northridge - In-person at 17650 Devonshire St, Northridge, CA 91325

Memory Matters: Caring for Your Brain
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.

- **THURSDAY, AUGUST 3 @ 2PM**
  Co-hosted by Pico Rivera Senior Center - In-person at 9200 Mines Ave, Pico Rivera, CA 90660
- **THURSDAY, AUGUST 10 @ 11AM**
  Virtual

Memory Loss & Alzheimer’s: Let’s Talk!
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, AUGUST 5 @ 10AM**
  Virtual
- **MONDAY, AUGUST 14 @ 5PM**
  Virtual
- **THURSDAY, AUGUST 17 @ 11AM**
  Virtual

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.
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.

- **MONDAY, AUGUST 7 @ 2PM**
  Virtual

- **THURSDAY, AUGUST 10 @ 2PM**
  Co-hosted by Pico Rivera Senior Center - In-person at 9200 Mines Ave, Pico Rivera, CA 90660

- **MONDAY, AUGUST 14 @ 9:30AM**
  Virtual

- **WEDNESDAY, AUGUST 30 @ 5PM**
  Virtual

Lost Memories Seasons 1 & 2
**MONDAY, AUGUST 7 @ 3PM**
Join us for this special back-to-back screening of *Lost Memories* Season 1 and *Lost Memories* Season 2.

*Season 1: written and directed by Jessica Silvetti*
*Season 2: written and directed by Jessica Silvetti & E.B. Kogan*

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

Caring for those with Alzheimer’s: African American Voices
**TUESDAY, AUGUST 8 @ 5PM**
Families share information about warning signs, going beyond the stigma of the disease, and getting help to assist them.

Virtual

Communication & Dementia: Connecting with a Person Living with Memory Loss
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.

- **THURSDAY, AUGUST 17 @ 10AM**
  Co-hosted by Cerritos Senior Center - In-person at 12340 South St, Cerritos, CA 90703

- **WEDNESDAY, AUGUST 23 @ 11AM**
  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.

**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, AUGUST 2 @ 11AM**
- **WEDNESDAY, AUGUST 16 @ 11AM**

**TimeSlips Creative Storytelling**

**WEDNESDAY, AUGUST 9 @ 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!

**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.

- **TUESDAY, AUGUST 22 @ 5PM**  
  Virtual
- **WEDNESDAY, AUGUST 30 @ 11AM**  
  Virtual

**Dementia Friends**

**FRIDAY, AUGUST 25 @ 2PM**

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.

*Co-hosted by EAH Housing Reseda - In-person at 19424 Wyandotte St, Reseda, CA 91335*
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, AUGUST 10 @ 1PM
- THURSDAY, AUGUST 24 @ 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, AUGUST 14 @ 10AM
- MONDAY, AUGUST 28 @ 10AM

LA Opera “Music to Remember” Workshop
THURSDAY, AUGUST 17 @ 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, AUGUST 22 @ 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, 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.

**WEDNESDAYS, AUGUST 2, 9, 16, 23, 30 & SEPTEMBER 6, 10AM–12PM**
Savvy Caregiver®: 6-week program
*Virtual*

**WEDNESDAYS, AUGUST 2, 9, 16, 8–10AM**
Savvy Caregiver® Express: 3-week program
*Virtual*

**WEDNESDAYS, AUGUST 2, 9, 16, 5–7PM**
Savvy Caregiver® Express: 3-week program
*Virtual*

**THURSDAYS, AUGUST 10, 17, 24, 3–5PM**
Savvy Caregiver® Express: 3-week program
*Virtual*

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
AUGUST 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