LEARN + CONNECT

OCTOBER 2023 Schedule

UPCOMING EVENTS

Holiday Tips for Caregivers
MONDAY, OCTOBER 2 @ 10AM
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.
Co-hosted by Weingart Senior Center - In-person at 5220 Oliva Ave, Lakewood, CA 90712

Communication & Dementia: Connecting with a Person Living with Memory Loss
THURSDAY, OCTOBER 5 @ 10:30AM
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 Kaiser Downey - In-person at 9400 Rosecrans Ave, Bellflower, CA (Room B2/B3)

Making Home Safe for a Person with Alzheimer’s
SATURDAY, OCTOBER 7 @ 10AM
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

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.
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, OCTOBER 10 @ 3PM**
  Virtual
- **THURSDAY, OCTOBER 19 @ 12PM**
  Virtual
- **MONDAY, OCTOBER 23 @ 10AM**
  Co-hosted by Culver City Senior Center - In-person at 4095 Overland Ave, Culver City, CA 90232

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.

- **WEDNESDAY, OCTOBER 11 @ 10AM**
  Virtual
- **THURSDAY, OCTOBER 12 @ 3PM**
  Co-hosted by City of Gardena - In-person at 1670 West 162nd St, Gardena, CA 90241
- **WEDNESDAY, OCTOBER 25 @ 10:30AM**
  Virtual
- **SATURDAY, OCTOBER 28 @ 11AM**
  Virtual

Lost Memories Seasons 2
(written and directed by Jessica Silvetti & E.B. Kogan)
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.

- **MONDAY, OCTOBER 16 @ 10:30AM**
  Co-hosted by Julia McNeil Senior Center - In-person at 4100 Baldwin Park Blvd, Baldwin Park, CA, 91706
- **WEDNESDAY, OCTOBER 18 @ 10AM**
  Co-hosted by Emanate Health - In-person at 427 W. Carroll Ave, Glendora, CA 91741
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.

• **TUESDAY, OCTOBER 17 @ 11AM**
  Virtual

• **THURSDAY, OCTOBER 19 @ 1PM**
  Virtual

Dementia Friends
**TUESDAY, OCTOBER 17 @ 3PM**
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.

*Co-hosted by Henry Mayo Fitness and Health - In-person at 24525 Town Center Way, Valencia, CA 91355*

Caring for those with Alzheimer's: African American Voices
**THURSDAY, OCTOBER 19 @ 10:30AM**
Families share information about warning signs, going beyond the stigma of the disease, and getting help to assist them.

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.

Memories in the Making
Memories in the Making is an art program that allows people with Alzheimer’s disease and other dementias to 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, OCTOBER 2 @ 10AM**
• **MONDAY, OCTOBER 23 @ 10AM**
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, OCTOBER 4 @ 11AM
• WEDNESDAY, OCTOBER 18 @ 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, OCTOBER 5 @ 1PM
• THURSDAY, OCTOBER 19 @ 1PM

TimeSlips Creative Storytelling
WEDNESDAY, OCTOBER 11 @ 10AM
TimeSlips is an improvisational story telling 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!

LACMA “Personal Connections” Program
TUESDAY, OCTOBER 17 @ 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, OCTOBER 19 @ 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, OCTOBER 20 @ 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, OCTOBER 4, 11, 18, 25 & NOVEMBER 1, 8, 5–7PM
Savvy Caregiver®: 6-week program
Virtual

THURSDAYS, OCTOBER 5, 12, 19, 25 & NOVEMBER 2, 9, 10AM–12PM
Savvy Caregiver®: 6-week program
Co-hosted by Cerritos Senior Center - In-person at 1234 South St, Cerritos, CA 90703

TUESDAYS, OCTOBER 10, 17, 24, 31 & NOVEMBER 7, 14, 10AM–12PM
Savvy Caregiver®: 6-week program
Virtual

THURSDAYS, OCTOBER 12, 19, 26, 5–7PM
Savvy Caregiver® Express: 3-week program
Virtual

MONDAYS, OCTOBER 16, 23, 30, 9:30–11:30AM
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

OCTOBER 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