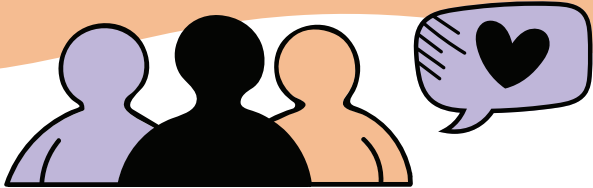


LEARN + CONNECT



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

Visit our website for dates & times and to RSVP: **AlzheimersLA.org/calendar**

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.

APRIL 2024 Schedule

UPCOMING EVENTS

Lost Memories Season 2

(written and directed by Jessica Silveti & E.B. Kogan)

MONDAY, APRIL 1 @ 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

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.

- **THURSDAY, APRIL 4 @ 10:30AM**

Virtual

- **SATURDAY, APRIL 6 @ 10AM**

Virtual

Making Home Safe for a Person with Alzheimer's

FRIDAY, APRIL 5 @ 11AM

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

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.

- **MONDAY, APRIL 8 @ 11AM**

Virtual

- **MONDAY, APRIL 22 @ 11:15AM**

Co-hosted by Venice Japanese Community Center - In-person at 12448 Braddock Dr, Los Angeles, CA 90066

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

WEDNESDAY, APRIL 10 @ 12:30PM

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 Montebello Senior Center - In-person at 115 S. Taylor Ave, Montebello, CA 90640

Dementia Friends

THURSDAY, APRIL 11 @ 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 City of Gardena - In-person at 1670 W 162nd St, Gardena, CA 90247

Memory Matters: Addressing Memory Concerns

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 and symptoms of cognitive impairment, and why getting an early diagnosis can be helpful for overall health and quality of life.

- **TUESDAY, APRIL 23 @ 10AM**

Co-hosted by City of Walnut Senior Center - In-person at 21215 La Puente Rd, Walnut, CA 91789

- **MONDAY, APRIL 29 @ 10AM**

Co-hosted by Diamond Bar Center - In-person at 1600 Grande Ave, Diamond Bar, CA 91765 (Sycamore Room)

Lost Memories Season 1

(written and directed by Jessica Silveti)

WEDNESDAY, APRIL 24 @ 4PM

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 Sylmar Library - In-person at 14561 Polk St, Sylmar, CA 91342

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, APRIL 3 @ 11AM
- WEDNESDAY, APRIL 17 @ 11AM

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, APRIL 8 @ 10AM
- MONDAY, APRIL 22 @ 10AM

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, APRIL 11 @ 1PM
- THURSDAY, APRIL 25 @ 1PM

LACMA "Personal Connections" Program

TUESDAY, APRIL 16 @ 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.

TimeSlips Creative Storytelling

WEDNESDAY, APRIL 17 @ 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!

Music to Remember Program

THURSDAY, APRIL 25 @ 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. Teaching artist Nandani Sinha stimulate remembrance and gently invite reflection through familiar and beloved songs. We encourage joyful interaction and singing-along throughout.

BasebALZ Program

FRIDAY, APRIL 26 @ 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, APRIL 1, 8, 15, 22, 29 & MAY 6 • 1–3PM

Savvy Caregiver®: 6-week program

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

WEDNESDAYS, APRIL 3, 10, 17, 24 & MAY 1, 8 • 3–5PM

Savvy Caregiver®: 6-week program

Co-hosted by City of Gardena - In-person at 1670 W 162nd St, Gardena, CA 90247

TUESDAYS, APRIL 9, 16, 23 • 8–10AM

Savvy Caregiver® Express: 3-week program

Virtual

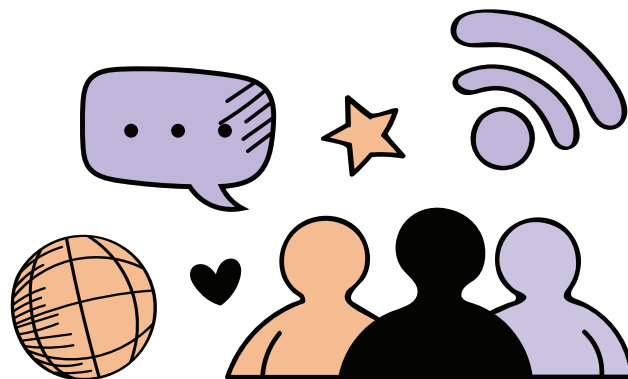
Registration required and closes 4 days prior to the workshop. To RSVP or for more information, please contact us at rsvp@alzla.org or **(844)435-7259**.

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

APRIL 2024



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**