

# October-December 2018

## FREE classes across San Diego County

For more information and to register: [alzsd.org/classes](http://alzsd.org/classes) or 858.492.4400

## Getting Started

Classes in this category are suitable for all attendees. **\*\*Free respite is available. Call 858.492.4400 to reserve.**

### Memory Loss 101

A comprehensive overview about memory loss, Alzheimer's and other types of dementia. Learn about risk factors, common symptoms and resources for help.

**Oct. 11**, 1-3 PM: San Marcos Senior Activity Center\*\*

**Oct. 17**, 10 AM-12 PM: Clairemont Lutheran Church

**Oct. 19**, 10 AM-12 PM: Scripps Miramar Ranch Library

**Nov. 2**, 12:30-2 PM: Pine Valley Branch Library

**Nov. 28**, 1-2:30 PM: Oceanside Library (Mission Branch)

**Dec. 12**, 2-3:30 PM: Rancho Santa Fe Senior Center

**Dec. 14**, 10 AM-12 PM: Border View Family YMCA (Otay Mesa West)

### Adjusting to Life with Dementia

A class for individuals with early-stage memory loss and their care partners. Learn strategies for coping with daily challenges, enhancing safety and well-being, and planning for the future.

**Oct. 12**, 10 AM-12 PM: South Bay Family YMCA (Chula Vista)

**Dec. 5**, 10 AM-12 PM: Alzheimer's San Diego

### Healthy Aging: Maximizing Brain Health

Learn about the latest research on brain health and the lifestyle changes that may reduce the risk of dementia.

**Oct. 3**, 2-3:30 PM: Rancho Santa Fe Senior Center

**Oct. 31**, 10-11:30 AM: John D. Spreckels Center (Coronado)

### The Latest in Alzheimer's Research

Efforts to find effective methods for prevention, treatment and a cure are gaining momentum. Learn the latest updates and get information about clinical trials.

**Nov. 9**, 1-2:30 PM: Grossmont Healthcare District Conference Center (La Mesa)

### Take Charge

A 5-week, interactive program for people living with a new diagnosis and their care partners. You'll gain in-depth knowledge about living well with dementia, and learn how to plan for quality of life on the road ahead. **The next session begins in October. To register and learn more, please call 858.492.4400.**

All classes are FREE, thanks to our generous community sponsors:

- Alpine View Lodge
- Home Instead
- ICON Building Supplies
- Scripps Health
- SDG&E
- Dr. Seuss Foundation
- Sharp HealthCare
- Stellar Care

 *This is a great place to start!*

### Did you know?

Alzheimer's San Diego partners with Sharp HealthCare to provide free memory screenings the 3rd Thursday of every month! These "healthy brain check-ups" test memory and other thinking skills, and take only 15 minutes. **Sign up today by calling 858.492.4400.**

# Caregiving

---

These classes are *not* recommended for people living with dementia. **\*\*Free respite is available. Call 858.492.4400 to reserve.**

## Communication Skills

Develop new skills and strategies for connecting and communicating more effectively with a person experiencing memory loss, and responding when interactions are challenging.

**Nov. 8,** 2:30-4:30 PM: Balboa Avenue Older Adult Center (Jewish Family Service)

**Dec. 19,** 10 AM-12 PM: Alzheimer's San Diego

## Coping with Personality & Behavior Changes

Learn why people with dementia experience behavior and personality changes, what those changes mean and how to respond.

**Oct. 6,** 10 AM-12 PM: Alzheimer's San Diego

**Dec. 20,** 10 AM-12 PM: Alzheimer's San Diego

## How to Talk About Memory Loss

Plan for successful, lower-stress discussions about difficult topics like changes in memory, driving and living alone. This class can be especially useful when having tough conversations during the holidays.

**Nov. 1,** 1-3 PM: San Marcos Senior Activity Center\*\*

**Dec. 1,** 1-2:30 PM: La Mesa Library

## Preparing for the Late Stage

Learn what to expect as Alzheimer's disease progresses, explore ways to stay connected and get information about options for late-stage care, including hospice and palliative services.

**Dec. 11,** 10 AM-12 PM: Alzheimer's San Diego

## Safety at Home

Review important home safety tips to reduce the risk of wandering, falls, medication errors and more.

**Nov. 8,** 10-11:30 AM: Tri-City Wellness & Fitness Center (Carlsbad)

**Dec. 6,** 10-11:30 AM: Congregation Beth Israel (UTC)

## Skills Clinics

These special workshops give families the chance to get the same hands-on training as professional caregivers. Each session focuses on a specific, practical skill.

## Techniques for Daily Care

**Oct. 11,** 10-11:30 AM: Tri-City Wellness & Fitness Center (Carlsbad)

## Helping with Medications

**Nov. 15,** 10 AM-12 PM: Alzheimer's San Diego

# Planning

---

Classes in this category are suitable for all attendees.

## Home Care, Day Care & Memory Care: What You Need to Know

Is it time for more help? Learn about available care options, what they cost and how to access them.

**Nov. 27,** 10 AM-12 PM: Alzheimer's San Diego

**Dec. 13,** 10-11:30 AM: Tri-City Wellness & Fitness Center (Carlsbad)

## Driving & Memory Loss

Dementia causes physical and cognitive changes that impact the ability to drive safely. Learn about methods for evaluating driver safety, local transportation resources and tips for having difficult conversations about driving.

**Oct. 25,** 12:45-2:15 PM: College Avenue Center (Jewish Family Service)

## Legal & Financial Basics

Learn from local estate planning and elder law experts about getting key legal documents in place and how to plan for the costs of future care needs.

**Nov. 8,** 10 AM-12 PM: Alzheimer's San Diego

**Dec. 18,** 4-6 PM: Alzheimer's San Diego