

January-March 2019

FREE classes across San Diego County

For more information and to register: alzsd.org/classes or 858.492.4400

Getting Started

Classes in this category are suitable for all attendees.

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.

Jan. 9, 10-11:30 AM: Oceanside Public Library, Civic Center branch

Jan. 16, 10 AM-12 PM: South Bay Family YMCA (Chula Vista)

Feb. 7, 10-11:30 AM: Tri-City Wellness & Fitness Center (Carlsbad)

March 26, 10 AM-12 PM: Alzheimer's San Diego

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.

Feb. 13, 1-3 PM: Alzheimer's San Diego

March 14, 10-11:30 AM: Tri-City Wellness & Fitness Center (Carlsbad)

Healthy Aging: Maximizing Brain Health

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

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

Jan. 18, 10 AM-12 PM: Scripps Miramar Ranch Library

The Latest in Alzheimer's Research

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

March 7, 1-3 PM: San Marcos Senior Activity Center*

*Call 858.492.4400 to register for free on-site respite care.

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 February. A brief screening is required to enroll. Call 858.492.4400 to learn more.**

 *New diagnosis? Start here!*



Did you know?

Alzheimer's San Diego partners with Sharp HealthCare to provide free memory screenings! **Sign up today by calling 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

Caregiving

These classes are *not* recommended for people living with dementia.

Communication Skills

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

Jan. 24, 10 AM-12 PM: Alzheimer's San Diego

Feb. 7, 10 AM-12 PM: Scripps Miramar Ranch Library

March 12, 4-6 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.

Jan. 31, 4-6 PM: Alzheimer's San Diego

Feb. 27, 1-3 PM: Alzheimer's San Diego

March 27, 1-3 PM: Alzheimer's San Diego

Confessions of a Caregiver: Relationships and Intimacy

Join us for an open and honest discussion about caring for a person with dementia, and the special challenges that couples face. Your questions will be answered by a panel of spouses and partners who have been in your shoes, who will share their tips for handling tough situations and getting through the difficult days.

Feb. 12, 1-3 PM: Alzheimer's San Diego

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.

Jan. 22, 10 AM-12 PM: Alzheimer's San Diego

March 20, 1-3 PM: Alzheimer's San Diego

Long-Distance Caregiving

Caring for someone living with dementia from afar presents its own unique challenges. Join us to discuss ways to stay in touch, stay informed, and be a helpful partner and support.

Feb. 28, 4-6 PM: Alzheimer's San Diego

Skills Clinics

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

Planning Cognitively-Stimulating Activities

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

Preventing Falls

Co-presented with SDSU & Sharp Physical Therapy

Feb. 5, 1-3 PM: Alzheimer's San Diego

Dressing & Grooming

March 13, 1-3 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.

Jan. 17, 1-3 PM: San Marcos Senior Activity Center*

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Feb. 20, 12-1:30 PM: Point Loma Community Presbyterian Church

March 29, 1-2:30 PM: Grossmont Healthcare District Conference Center (La Mesa)

Driving & Memory Loss

Learn about physical and cognitive changes, methods for evaluating driver safety, local transportation resources and tips for having difficult conversations about driving.

March 6, 2-3:30 PM: Rancho Santa Fe Senior Center

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.

Jan. 23, 1-3 PM: Alzheimer's San Diego

Feb. 21, 1-3 PM: San Marcos Senior Activity Center*

**Call 858.492.4400 to register for free on-site respite care.*

March 19, 10 AM-12 PM: Alzheimer's San Diego