

# April-June 2019

## 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.

### 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.

**April 4**, 1-3 PM: San Marcos Senior Activity Center

**May 15**, 12-1:30 PM: Glenner Town Square (Chula Vista)

**June 6**, 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.

**April 17**, 1-3 PM: Alzheimer's San Diego

**June 22**, 10 AM-12 PM: Alzheimer's San Diego

### Maintaining your Brain Health

Learn about the latest research on lifestyle changes and strategies to help maintain your brain health.

**April 10**, 6-7:30 PM: La Mesa Library

**April 25**, 1:30-3 PM: Vista Library

**April 29**, 10 AM-12 PM: South Bay Family YMCA (Chula Vista)

**May 1**, 6:30-8 PM: Skyline Hills Branch Library (Southeast San Diego)

**May 6**, 10 AM-12 PM: Border View Family YMCA (Otay Mesa West)

**May 14**, 10:30 AM-12 PM: Oceanside Public Library, Civic Center Branch

**June 20**, 1-3 PM: San Marcos Senior Activity Center

**June 27**, 12:45-2:15 PM: Jewish Family Service's College Avenue Center

### 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.

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

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

 *New diagnosis? Start here!*

### Is Alzheimer's in my Genes?

DNA tests can now identify some genetic risk factors for Alzheimer's, which may raise concerns and questions for many people. Join us for a special panel discussion with top local neurology and genetics experts, who will answer your questions and separate fact from fiction.

**May 22**, 10 AM-12 PM: Carlsbad City Library

### Did you know?

Alzheimer's San Diego partners with Sharp HealthCare to provide free memory screenings! **Sign up today by calling 858.492.4400.**

# 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.

**April 18**, 10 AM-12 PM: Alzheimer's San Diego

**May 2**, 10-11:30 AM: Tri-City Wellness & Fitness Center (Carlsbad)

**June 27**, 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.

**April 23**, 10 AM-12 PM: Alzheimer's San Diego

**May 17**, 10 AM-12 PM: Scripps Miramar Ranch Library

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

**June 26**, 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.

**April 30**, 10 AM-12 PM: Alzheimer's San Diego

**May 30**, 1-3 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.

**NEW: Using Movement & Motion for Quality of Life**

**May 23**, 10 AM-12 PM: Alzheimer's San Diego

**Planning Cognitively-Stimulating Activities**

**June 12**, 1-3 PM: Alzheimer's San Diego

All classes are FREE, thanks to our generous sponsors: Alpine View Lodge, Home Instead, ICON Utility Services, Par Electric, SDG&E, Sharp HealthCare & Stellar Care 

# 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.

**April 22**, 12:45-2:15 PM: Jewish Family Service's College Avenue Center

**May 21**, 10 AM-12 PM: Alzheimer's San Diego

**June 19**, 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.

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

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

## Driving & Memory Loss

Learn about physical and cognitive changes, how to evaluate driver safety, local transportation resources, and tips for having tough conversations about driving.

**May 16**, 1-3 PM: San Marcos Senior Activity Center

## Safety at Home

Review important tips to keep people living with memory loss safe and well at home. Learn how to reduce the risk of wandering, falls, household injuries, medication errors and more.

**May 29**, 10 AM-12 PM: Alzheimer's San Diego

**June 28**, 1-2:30 PM: Grossmont Healthcare District Conference Center (La Mesa)