**EDUCATION CALENDAR**

**July-September 2019**

### Getting Started

Classes in this category are suitable for all attendees.

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memory Loss 101</td>
<td>August 5</td>
</tr>
<tr>
<td>Planning</td>
<td>August 7</td>
</tr>
<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>August 10</td>
</tr>
<tr>
<td>Legal &amp; Financial Basics</td>
<td>August 12</td>
</tr>
<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>August 15</td>
</tr>
<tr>
<td>Safety at Home</td>
<td>August 18</td>
</tr>
<tr>
<td>Driver’s &amp; Memory Loss</td>
<td>August 21</td>
</tr>
<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>August 25</td>
</tr>
<tr>
<td>Spinal Cord Blanks</td>
<td>August 28</td>
</tr>
<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>August 31</td>
</tr>
<tr>
<td>Health, Nutrition &amp; Safety</td>
<td>September 3</td>
</tr>
<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>September 4</td>
</tr>
<tr>
<td>Coping with Personality &amp; Behavior Changes</td>
<td>September 7</td>
</tr>
<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>September 9</td>
</tr>
<tr>
<td>Preparing the Future</td>
<td>September 11</td>
</tr>
<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>September 14</td>
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<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>September 16</td>
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<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>September 20</td>
</tr>
<tr>
<td>Preparing for the Future</td>
<td>September 22</td>
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<tr>
<td>The Latest in Alzheimer’s Research</td>
<td>September 24</td>
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<tr>
<td>The Latest in Alzheimer’s Research</td>
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</tr>
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### Planning

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<tr>
<td>Home Care, Day Care &amp; Memory Care: What you need to know</td>
<td>August 9</td>
</tr>
<tr>
<td>Maintaining Your Brain Health</td>
<td>August 13</td>
</tr>
<tr>
<td>Adjusting to Life with Dementia</td>
<td>August 16</td>
</tr>
<tr>
<td>Communication Skills</td>
<td>August 19</td>
</tr>
<tr>
<td>Coping with Personality &amp; Behavior Changes</td>
<td>August 22</td>
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<td>The Latest in Alzheimer’s Research</td>
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<td>The Latest in Alzheimer’s Research</td>
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<tr>
<td>Skills Clinics</td>
<td>September 23</td>
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<tr>
<td>Special Workshop: Living in the Moment</td>
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### Caregiving

These classes are not recommended for people living with dementia.

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<tr>
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<tr>
<td>NEW: After the Move to Memory Care</td>
<td>September 2</td>
</tr>
<tr>
<td>Communication Skills</td>
<td>September 4</td>
</tr>
<tr>
<td>Coping with Personality &amp; Behavior Changes</td>
<td>September 6</td>
</tr>
<tr>
<td>Preparing for the Future</td>
<td>September 8</td>
</tr>
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<td>Skills Clinics</td>
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### New diagnosis? Start here!

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### Did you know?

Alzheimer’s San Diego partners with Sharp HealthCare to provide free memory screenings the 3rd Thursday of every month! Sign up today by calling 858.492.4400.

### 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 August. Call 858.492.4400 for a brief screening to enroll.

### All classes are free!

Learn more & register: alzsd.org/classes or 858.492.4400
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.

July 12, 4-6 PM: Emmanuel Faith Community Church (Escondido)

July 23, 6-7:30 PM: La Jolla Community Center

Aug. 10, 12-1:30 PM: Pine Valley Library

Aug. 28, 1:30-3 PM: Vista Library

Sept. 5, 10 AM-12 PM: Alzheimer’s San Diego

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 opportunities to participate in research.

Sept. 18, 2-3:30 PM: Rancho Santa Fe Senior Center

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.

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

Aug. 13, 4-6 PM: Alzheimer’s San Diego

Sept. 12, 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.

Aug. 7, 9-11 AM: South Bay YMCA (Chula Vista)

Getting Started
Classes in this category are suitable for all attendees.

Mild Cognitive Impairment: Your Questions Answered
Find out if you have mild cognitive impairment and what you can do about it.

July 26, 2-3 PM: La Jolla Library

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.

Sept. 26, 10 AM-12 PM: San Marcos Senior Activity Center

Legal & Financial Basics
Learn from local estate planning and elder law experts about how to get key legal documents in place and how to reduce the risk of wandering, falls, household injuries, medication errors and more.

Sept. 26, 1:30 PM: Vista Library

August 2019

July 11, 1-2:30 PM: Oceanside Library (Mission Branch)

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

Sept. 19, 10 AM-12 PM: St. Peter’s by the Sea Lutheran Church (Ocean Beach)

Sept. 28, 12-1:30 PM: Pine Valley Library

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.

July 10, 1-3 PM: Alzheimer’s San Diego

Aug. 13, 10 AM-12 PM: Alzheimer’s San Diego

Sept. 5, 1:30-3 PM: Vista Library

Coping with Personality & Behavior Changes
Learn why people with dementia experience behavior and personality changes, what those changes mean and how to respond.

July 24, 10 AM-12 PM: Alzheimer’s San Diego

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

July 31, 10 AM-12 PM: Alzheimer’s San Diego

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Sept. 13, 4-6 PM: Emmanuel Faith Community Church (Escondido)

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July 24, 1-3 PM: San Rafael Parish (Rancho Bernardo)

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July 30, 10 AM-12 PM: Alzheimer’s San Diego

Aug. 16, 10 AM-12 PM: Alzheimer’s San Diego

Sept. 4, 1-3 PM: San Rafael Parish (Rancho Bernardo)

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

Aug. 16, 10 AM-12 PM: Scripps Miramar Ranch Library

NEW: After the Move to Memory Care
The challenges of dementia caregiving change when someone moves to memory care. Join us to learn how to make the transition a positive one: ensuring quality of life, building relationships, and managing emotions.

July 25, 10 AM-12 PM: Alzheimer’s San Diego

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

July 17, 1-3 PM: San Rafael Parish (Rancho Bernardo)

July 31, 10 AM-12 PM: Alzheimer’s San Diego

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Sept. 13, 4-6 PM: Emmanuel Faith Community Church (Escondido)

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Sept. 10, 1-3 PM: Alzheimer’s San Diego

Special Workshop: Living in the Moment
This interactive workshop incorporates the use of play and improvisation! Learn how to let go and live in the moment with a person experiencing confusion or disorientation.

Sept. 21, 10 AM-12 PM: Alzheimer’s San Diego

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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.

CALL US AT 858.492.4400 | VISIT US AT ALZSD.ORG