

July-September 2019

All classes are free! Learn more & 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.

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

July 23, 6-7:30 PM: Hera Hub Sorrento Valley

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

Maintaining Your Brain Health

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

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

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)

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, 1-3 PM: San Marcos Senior Activity 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.

July 9, 4-6 PM: Alzheimer's San Diego

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

Sept. 25, 1-3 PM: Alzheimer's San Diego



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.**

← New diagnosis? Start here!

Caregiving

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

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

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

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

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

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

Aug. 16, 1-3 PM: San Marcos Senior Activity Center

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

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.

General Techniques for Daily Care

July 18, 1-3 PM: San Marcos Senior Activity Center

Bathing & Showering

Aug. 6, 10 AM-12 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.

July 24, 1-3 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

💡 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.**

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 