

October-December 2019

All classes are free! Learn more & register: alzsd.org/classes or 858.492.4400

Getting Started – Open to all attendees

Dementia 101

A comprehensive overview about memory loss, Mild Cognitive Impairment, Alzheimer’s disease, and other dementias. Learn about risk factors, common symptoms, and resources for help.

- Oct. 18**, 10 AM-12 PM: Scripps Miramar Ranch Library
- Oct. 22**, 12-1:30 PM: Glenner Town Square (Chula Vista)
- Nov. 6**, 10-11:30 AM: San Marcos Senior Activity Center
- Nov. 16**, 10 AM-12 PM: Alzheimer’s San Diego
- Dec. 6**, 10 AM-12 PM: Border View Family YMCA (Otay Mesa West)
- Dec. 11**, 2-3:30 PM: Rancho Santa Fe Senior Center

The Latest in Alzheimer’s Research

As the impact of Alzheimer’s disease increases, efforts to find effective methods for prevention, treatment, and cure are gaining momentum. Hear the latest updates, and get information about local clinical trials.

- Oct. 23**, 9-11 AM: South Bay YMCA (Chula Vista)

Living with Memory Loss

This class is designed for people living with early-stage memory loss and their care partners. Learn strategies for adapting to daily challenges, enhancing health and well-being, and planning for the future.

- Oct. 26**, 10 AM-12 PM: Alzheimer’s San Diego
- Nov. 19**, 10 AM-12 PM: Oceanside Library (Mission Branch)
- Dec. 13**, 1-3 PM: Alzheimer’s San Diego

Take Charge

This is 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 November. Call 858.492.4400 for a brief screening to enroll.**

 *New diagnosis? Start here!*

Planning – Open to all attendees

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.

- Oct. 30**, 2:30-4:30 PM: John D. Spreckels Senior Center & Bowling Green (Coronado)
- Nov. 12**, 4-6 PM: Alzheimer’s San Diego
- Dec. 7**, 10 AM-12 PM: Alzheimer’s San Diego

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.

- Oct. 24**, 1-3 PM: San Marcos Senior Activity Center
- Dec. 11**, 1-3 PM: Alzheimer’s San Diego

Caregiving – Specifically for care partners

NEW: Managing Resistance

If you're struggling with someone who refuses help, join us to explore what causes resistance. You'll also develop new caregiving strategies to strengthen relationships, build trust, and preserve dignity.

Oct. 15, 4-6 PM: Alzheimer's San Diego

After the Move to Memory Care

The challenges of dementia caregiving don't end when someone moves. Join us to learn how to make the transition a positive one: ensuring quality of life, building relationships, and managing emotions.

Nov. 5, 1-3 PM: San Rafael Parish (Rancho Bernardo)

Communication Skills

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

Oct. 8, 1-3 PM: Grossmont Healthcare District Conference Center (La Mesa)

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

Dec. 17, 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.

Oct. 3, 10 AM-12 PM: Alzheimer's San Diego

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

Dec. 10, 1-3 PM: Grossmont Healthcare District Conference Center (La Mesa)

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.

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

How to talk about Memory Loss

The holidays can lead to tough conversations, especially for family members visiting a loved one with dementia. Plan for successful, lower-stress discussions about difficult topics like changes in memory, driving, and living alone.

Nov. 15, 10 AM-12 PM: Scripps Miramar Ranch Library

Dec. 3, 10-11:30 AM: Tri-City Wellness & Fitness Center (Carlsbad)

Changing Relationships & Intimacy

Do you love someone with dementia? If you're struggling with changes in your relationship, or have questions about intimacy, join us for an open and honest discussion about the challenges that couples face. Learn ways to communicate when conversation becomes difficult, and how to stay connected physically during the progression of the disease.

Dec. 18, 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.

Planning Cognitively Stimulating Activities

Oct. 22, 1-3 PM: Alzheimer's San Diego

Preventing Falls

Nov. 19, 1-3 PM: Grossmont Healthcare District Conference Center (La Mesa)

Medications

Dec. 6, 1-3 PM: Alzheimer's San Diego

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, Cordoba Corporation, Home Instead, ICON Utility Services, Indian Motorcycle of San Diego, Jingoli Power, Par Electric, SDG&E, Sharp HealthCare & Stellar Care 