

April-June 2020

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.

- April 14**, 6-7:30 PM: La Mesa Library
- May 9**, 10 AM-12 PM: Alzheimer’s San Diego
- May 12**, 12-1:30 PM: Glenner Town Square (Chula Vista)
- June 11**, 1-3 PM: San Marcos Senior Activity Center
- June 23**, 10 AM-12 PM: Grossmont Healthcare District Conference Center (La Mesa)

Maintaining Your Brain Health

Learn about the latest research on lifestyle changes and strategies that everyone can use to maintain their brain health.

- April 22**, 2:30-4 PM: John D. Spreckels Senior Center (Coronado)

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.

- April 18**, 10 AM-12 PM: Alzheimer’s San Diego
- May 7**, 1-3 PM: San Marcos Senior Activity Center
- June 2**, 10 AM-12 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 April. Call 858.492.4400 for a brief screening to enroll.**

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.

- May 5**, 10 AM-12 PM: Alzheimer’s San Diego
- June 12**, 10 AM-12 PM: Scripps Miramar Ranch Library

Safety at Home

Important home safety tips to keep people living with memory loss safe and well at home. Reduce the risk of wandering, falls, household injuries, medication errors, and more.

- April 15**, 2-3:30 PM: Rancho Santa Fe Senior Center

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 28**, 10 AM-12 PM: Alzheimer’s San Diego
- June 4**, 4-6 PM: Alzheimer’s San Diego

Driving & Memory Loss

Learn how physical and cognitive changes affect a driver’s safety, how to evaluate driving skills, local transportation resources, and tips for having difficult conversations about driving.

- May 5**, 1-3 PM: San Rafael Parish (Rancho Bernardo)

Caregiving – Specifically for care partners

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.

May 13, 1-3 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.

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

May 8, 10 AM-12 PM: Scripps Miramar Ranch Library

June 24, 1-3 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 24, 4-6 PM: Emmanuel Faith Community Church (Escondido)

May 20, 4-6 PM: Alzheimer's San Diego

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.

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

June 30, 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.

May 27, 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, keep informed, and be a helpful and supportive care partner.

June 17, 2-3:30 PM: Rancho Santa Fe Senior Center

****ONLINE OPTION:** We are presenting an online version of this class, in partnership with ElderHelp of San Diego. You can participate in the webinar live, or watch a recording afterwards, using the link below.

April 21, 11:30 AM-12:15 PM: www.alzsd.org/webinar

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

April 2, 10 AM-12 PM: St. Peter's by the Sea Lutheran Church (Ocean Beach)

Planning Cognitively-Stimulating Activities

April 9, 1-3 PM: San Marcos Senior Activity Center

Using Movement & Motion for Quality of Life

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

Research Corner

You can help find a cure for Alzheimer's. San Diego County is home to many groundbreaking clinical trials. Please consider giving the gift of your time and signing up for this important research.

**Sharp Mesa Vista Hospital
Clinical Research**
858-836-8350
sharp.com/clinicaltrials

Excell Research
760-758-2222
excellresearch.com

Pacific Research Network
619-294-4302
PRNSD.com

**The Research Center of
Southern California**
760-732-0557
neurocenter.com

**USC Alzheimer's Therapeutic
Research Institute**
858-964-4644
keck.usc.edu/atri