

January-March 2022

To sign up for these free webinars, visit www.alzsd.org/classes or call 858.492.4400. Pre-registration is required. Be sure to check out our online education calendar for additions and updates.

Getting Started – Open to all attendees

Living With Memory Loss

Thursday, January 6th | 10-11:30 AM

A program for those 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.

Dementia 101

Thursday, February 3rd | 12:30-2 PM

An introduction to Mild Cognitive Impairment, Alzheimer’s disease, and other dementias. Learn information about risk factors, common symptoms, and resources for help.

Starting in February: Take Charge!

This is a 5-week program for people living with a new diagnosis and their care partners. Topics include:

- Week 1: Adjusting to a new normal
- Week 2: Understanding the changing brain
- Week 3: Partnering with your health providers
- Week 4: Quality of life
- Week 5: Planning for next steps & the future

The next session begins February 2022 and will be held using Zoom. This is a great place to start if you have a new diagnosis! **Please call 858.492.4400 for a brief screening to enroll.**



Drop-In Education Hours

Wednesday, January 26th | 4-5 PM

Wednesday, March 30th | 11:30 AM-12:30 PM

Have you watched one of our webinars, and still have questions? Our education team is here to help in this unstructured Q&A session. Bring your questions about symptoms, diagnosis, treatments, or caregiving, and let’s have a conversation.

Maintaining Your Brain Health

Saturday, March 12th | 9:30-11 AM

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

En Español – Abierto a todos

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¿Mala memoria o síntomas de demencia? La importancia de promover una mejor salud cerebral

Jueves el 10 de febrero | 12:30-2 PM

Identifique cambios cognitivos, factores de riesgo y síntomas asociados con demencia. Aprenda estrategias para mantener la salud de su cerebro.

Seguridad en el hogar

Miércoles el 23 de marzo | 10:30 AM-12 PM

Consejos importantes de seguridad en el hogar para que las personas que viven con pérdida de memoria estén seguras y bien en casa. Reduzca el riesgo de deambular, caídas, lesiones en el hogar, errores de medicamentos y más.

Planning – Open to all attendees

Legal & Financial Basics

Wednesday, January 12th | 10 AM-12 PM

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.

After the Move to Memory Care*

Thursday, March 3rd | 1-2:30 PM

The challenges of dementia caregiving don't end when someone moves. Learn how to make the transition a positive one: ensuring quality of life, building relationships, and managing emotions. (*This is part 2 of a 2-part series. Each webinar may be taken separately, or in sequence.)

Planning the Move to Memory Care*

Tuesday, February 22 | 10-11:30 AM

Tips for planning a successful move into residential care: identifying the right community, navigating the admissions process, and making it a smooth transition. (*This is part 1 of a 2-part series. Each webinar may be taken separately, or in sequence.)

Safety at Home

Wednesday, March 16th | 10-11:30 AM

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.

All online classes and programs are FREE, thanks to our generous sponsors: Alpine View Lodge, A.M. Ortega, AVIVV, Cordoba Corporation, ICON Utility Services, Jingoli Power, Meruelo Enterprises Inc, Par Electric, Patriot General, SDG&E, Sharp Neurocognitive Research Center, Southland Electric Inc, Stellar Care & Sun Garden Terrace 

Caregiving – Specifically for care partners

Coping With Personality & Behavior Changes

Thursday, January 20th | 11 AM-12 PM

Presented in partnership with ElderHelp

Learn why people with dementia experience behavior and personality changes, what those changes mean, and how to respond.

Skills Clinic: Balance & Fall Prevention

Thursday, March 24th | 10-11:30 AM

Skills Clinics provide family care partners with the same hands-on training as professional caregivers, with sessions that focus on specific, practical skills. In this clinic, learn strategies for helping a person with dementia maintain strength and balance, and reduce the risk of falls.

Communication Skills

Tuesday, February 8th | 10-11:30 AM

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

We can't find a cure without you.

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 local research.

Sharp Neurocognitive Research Center

858-836-8350

sharp.com/clinicaltrials

Excell Research

760-758-2222

excellresearch.com

CALL US AT 858.492.4400

VISIT US AT ALZSD.ORG