Activities

In-person Social Activities & Outings!

- **Music Centered Wellness**, every 1st & 3rd Friday @ 10 AM
- **Movement & Motion**, every 2nd & 4th Friday @ 10 AM
- **BasebALZ Reminiscence Therapy**, every 4th Wednesday @ 10 AM
- **Access Afternoons**: San Diego Botanic Garden, every 3rd Wednesday @ 1 PM through October
- **Connections Outing**: Helen Woodward Pet Encounter Therapy, every 2nd Thursday @ 10 AM
- **Connections Outing**: Locations across San Diego County, every 4th Thursday @ 10 AM

Learn more & register (pre-registration required for all social activities):
[www.alzsd.org/social](http://www.alzsd.org/social) | 858.492.4400

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Check out our Webinar Library

Watch recordings of previous education programs anytime, anywhere in our Webinar Library at [www.alzsd.org/classes](http://www.alzsd.org/classes). Our library includes the following topics, among others:

- Dementia 101
- Maintaining Your Brain Health
- How to Talk About Memory Loss
- Planning the Move to Memory Care
- After the Move to Memory Care
- Legal & Financial Basics
- Coping with Personality & Behavior Changes
- Communication Skills
- Caregiver Skills Clinics on:
  - Balance & Fall Prevention
  - Meals & Eating
  - Medications
- Care in the Late Stage
- Preparing for a Good End
- And webinars in Spanish!

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October-December 2022

**EDUCATION**

**CALENDAR**

**Register + Learn more:**

**858.492.4400**

**www.alzsd.org**

**Brain Health for All**

**Alzheimer’s San Diego**

**CALL US 858.492.4400 | VISIT US AT ALZSD.ORG**
Getting Started – Open to all attendees

**IN PERSON** Maintaining Your Brain Health

*Thursday, October 20th | 10 AM - 11:30 AM*

Grossmont Auditorium Conference Center
1001 Wakarsua St., La Mesa, CA 91942

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

**NEW** Dementia 101

*Wednesday, October 26th | 1 PM - 2:30 PM*


**ONLINE** How to Talk About Memory Loss

*Friday, November 18th | 10 AM - 11:30 AM*

Scripps Miramar Ranch Library
10301 Scripps Lake Dr, San Diego, CA 92131

Learn how to plan for successful, lower-stress family discussions about difficult topics like changes in memory, driving, and living alone.

**ONLINE** Drop-In Education Hour

*Friday, December 16th | 1 PM – 2 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, treatment or caregiving, and let’s have a conversation.

Planning – Open to all attendees

**IN PERSON** Safety at Home

*Friday, December 9th | 10 AM – 11:30 AM*

Scripps Miramar Ranch Library
10301 Scripps Lake Dr, San Diego, CA 92131

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.

**IN PERSON** Getting Started – Open to all attendees

**ONLINE** Communication Skills

*Friday, October 14th | 10 AM – 11:30 AM*

Scripps Miramar Ranch Library
10301 Scripps Lake Dr, San Diego, CA 92131

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

***Online*** Managing Resistance

*Thursday, November 17th | 11 AM – 12:15 PM*

If you care for someone who refuses help, join us to explore what causes resistance in people living with dementia. Develop new strategies that strengthen relationships, build trust, and preserve dignity. Presented in partnership with ElderHelp.

***Online*** Confessions of a Caregiver: Tough Topics, Tough Love

*Wednesday, December 14th | 10 AM - 12 PM*

Alzheimer’s San Diego hosts a panel discussion on the challenges caregivers may face along the caregiving journey. The panel includes family caregivers who reflect on their views and experiences.

En Español – Abierto a todos

**En Español – Abierto a todos**

Para inscribirse gratis por Internet, visite [www.alzsd.org/classes](http://www.alzsd.org/classes) o llame 858.492.4400. ¡No se requiere preinscripción! Asegúrese de consultar nuestro calendario educativo para adiciones y actualizaciones.

**En Línea** Hora de Cafecito con Alzheimer’s San Diego

*lunes, 12 de diciembre | 3 PM – 4 PM*

¡Unase a nosotros para una hora abierta sin estructura con el equipo de educación de Alzheimer’s San Diego! Traigan sus preguntas sobre síntomas, diagnósticos, tratamientos o técnicas para el cuidado de personas y conversemos.

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, Par Electric, Patriot General, SDG&E, Sharp Neurocognitive Research Center, Southland Electric Inc, Stellar Care

We can’t find a cure without you.