January – March 2023

All classes are FREE. To learn more 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

**Dementia 101**
An introduction to mild cognitive impairment, Alzheimer’s disease, and other dementias. Learn information about risk factors, common symptoms, and resources for help.

- **Wednesday, January 11th | 10 - 11:30 AM** [Online]
- **Wednesday, March 8th | 2 - 3:30 PM** [One Safe Place, San Marcos]
- **Friday, March 10th | 10 - 11:30 AM** [Scripps Miramar Ranch Library, San Diego]

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

- **Tuesday, February 14th | 1 - 2:30 PM** [Herrick Community Health Library, La Mesa]

Planning – Open to all attendees

**Legal and 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.

- **Friday, January 13th | 10 AM - 12 PM** [Scripps Miramar Ranch Library, San Diego]

**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.

- **Thursday, January 26th | 1 - 2:30 PM** [Alzheimer’s San Diego]

**Care Options: Living at Home**
Is it time for more help? Join us to learn about in-home care options and community-based resources such as adult day care, care management, and more.

- **Monday, February 6th | 1 - 2:30 PM** [Online]

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

- **Friday, February 17th | 10 - 11:30 AM** [Online]

**Drop-in Education Hour**
Have more questions after attending a program or watching a webinar? Our education team is here to help in this Q&A session. Bring your questions and we’ll have a conversation!

- **Tuesday, January 31st | 10 – 11 AM** [Online]
- **Tuesday, February 28th | 1 – 2 PM** [Online]
- **Thursday, March 30th | 2 – 3 PM** [Online]

**Free Memory Screenings**
Third Thursday of each month | 1 - 2:30 PM | Alzheimer’s San Diego
Offered in partnership with Sharp HealthCare. Registration required: 858.492.4400.
Caregiving – Specifically for care partners

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, stay informed, and be a helpful partner and a support.

Presented in partnership with ElderHelp.
Thursday, January 19th | 11 AM - 12:15 PM  ■ Online

Preparing for a Good End: Hospice, Palliative, and End-of-Life Care
An introduction to hospice and palliative care services, as well as resources for care and support at the end of life.
Friday, February 10th | 10 - 11:30 AM  ■ Scripps Miramar Ranch Library, San Diego

Skills Clinic: Meals & Eating
This workshop gives care partners practical training similar to what is used in professional caregiving. We will focus on tips and techniques to better support someone living with dementia during mealtime.
Monday, March 6th | 10 - 11:30 AM  ■ Online

Managing Resistance
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.
Thursday, March 23rd | 1 - 2:30 PM  ■ Alzheimer’s San Diego, San Diego

Now Enrolling: Coping With Caregiving
Coping with Caregiving is a 5-week series to support dementia care partners. You will learn about the disease, develop new caregiving techniques, and learn how to relieve stress. The next session begins early 2023. A brief screening is required. If you are interested in enrolling, please contact Lourdes Cabret at lcabret@alzsd.org or 858.966.3297.

En Español – Abierto a todos
Para inscribirse gratis por Internet, visite www.alzsd.org/classes o llame 858.492.4400. Se requiere preinscripción. Asegúrese de consultar nuestro calendario educativo para adiciones y actualizaciones.

Reconociendo la pérdida de memoria
Reconoce los síntomas de la demencia y cuándo pedir ayuda.

jueves, 19 de enero | 1 - 2:30 PM  ■ Herrick Community Health Library, La Mesa
martes, 24 de enero | 2 - 3:30 PM  ■ En Línea

Manteniendo saludable su cerebro
Aprenda sobre los cambios en el estilo de vida y las estrategias que todos pueden usar para mantener la salud de su cerebro.

jueves, 16 de febrero | 1 - 2:30 PM  ■ Herrick Community Health Library, La Mesa

Hora de cafecito con Alzheimer’s San Diego
¡Únase a nosotros para una hora abierta 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.

viernes, 3 de febrero | 2 – 3 PM  ■ En Línea
miércoles, 22 de febrero | 3 – 4 PM  ■ En Línea
martes, 28 de marzo | 2 – 3 PM  ■ En Línea

Conversando sobre la pérdida de memoria
¿Por qué es difícil hablar de este tema? Aprende a prepararte y hacer un plan.

martes, 14 de marzo | 1 - 2:30 PM  ■ Herrick Community Health Library, La Mesa

Estrategias de comunicación
Desarrolle nuevas habilidades y estrategias para conectarse y comunicarse de manera más efectiva con una persona con pérdida de memoria y cómo responder cuando las interacciones son desafiantes. Esta clase está diseñada específicamente para cuidadores. Se requiere registro previo.

miércoles, 22 de marzo | 3 - 4:30 PM  ■ En Línea

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

CALL US AT 858.492.4400  |  VISIT US AT ALZSD.ORG
January 2023: Celebrate Support Group Month!

During the month of January, we are shining a light on one of our most valued programs – our support groups! They make such an impact and deserve to be celebrated. You might not know that:

- We currently offer more than 30 support groups, Monday-Sunday, in-person, online, or by phone.
- Groups are confidential, and you can attend as many different ones as you like.
- Talking with people who are going through similar situations and who truly understand can help you feel less alone as you confront the many challenges of caregiving.

Start 2023 off with support and guidance from other people in your shoes.
Find a group today: [www.alzsd.org/support](http://www.alzsd.org/support) or call [858.492.4400](tel:858.492.4400)

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**Weekly calls with friendly volunteers!**

VITALZ is a program for people living with symptoms of memory loss (whether diagnosed or not) – who also live alone. It’s a great way to connect and talk to a new friend, while also getting helpful reminders about things like grocery deliveries and upcoming appointments.

Participants will receive weekly phone calls from a volunteer, along with ongoing support from a trained social worker. If you live alone and are dealing with memory loss or know someone who may be a good fit for the VITALZ program, contact Alzheimer’s San Diego at [858.492.4400](tel:858.492.4400) or [info@alzsd.org](mailto:info@alzsd.org).

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**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 local research.

**Sharp Neurocognitive Research Center**
858.836.8350
sharp.com/clinicaltrials

**Alzheimer’s Therapeutic Research Institute (Keck School of Medicine of USC)**
858.964.4644
keck.usc.edu/atri

**Pacific Research Network**
619.294.4302
prnsd.com

**Alector**
415-231-5660
alector.com

*We can’t find a cure without you!*