July - September 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.

- Tuesday, July 11th 2 - 3:30 PM [Online]
- Wednesday, August 23rd 10 - 11:30 AM [Valencia Park/Malcolm X Branch Library]

Maintaining Your Brain Health
Learn about lifestyle changes and habits that everyone can use to maintain a healthy brain.

- Wednesday, July 12th 10 - 11:30 AM [Valencia Park/Malcolm X Branch Library]
- Thursday, August 10th 10:15 - 11:45 AM [JFS College Ave Center]
- Thursday, September 21st 1 - 2:30 PM [One Safe Place, San Marcos]

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.

- Tuesday, July 18th 1 - 2:30 PM [Grossmont Auditorium Conference Center]
- Tuesday, August 8th 1 - 2:30 PM [Online]
- Monday, August 14th 10 - 11:30 AM [Oceanside Public Library]
- Wednesday, September 27th 10 - 11:30 AM [Valencia Park/Malcolm X Branch Library]

Planning – Open to all attendees

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.

- Friday, September 8th 10 – 11:30 AM [Scripps Miramar Ranch Library]

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.

- Tuesday, July 25th 2 - 3:30 PM [Alzheimer’s San Diego]

Living with Memory Loss
A program designed for individuals living with early-stage memory loss and their care partners to learn strategies for adapting to daily challenges, enhancing health and well-being, and planning for the future.

- Tuesday, August 15th 1 - 2:30 PM [Alzheimer’s San Diego]

Classes for specific situations

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.

- Thursday, August 3rd 1 - 3 PM [Online]

Skills Clinic: Medications
Learn strategies for helping a person with dementia manage daily medications safely. In partnership with ElderHelp.

- Thursday, July 20th 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.

- Monday, September 11th 1 - 2:30 PM [Grossmont Auditorium Conference Center]
Communication Skills
Develop new skills and strategies for connecting and communicating more effectively with a person experiencing memory loss, and responding when interactions are challenging.
Friday, August 11th 10 - 11:30 AM  Scripps Miramar Ranch Library

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.
Friday, July 14th 10 - 11:30 AM  Scripps Miramar Ranch Library
Monday, August 21st 1 - 2:30 PM  Grossmont Auditorium Conference Center

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!
Friday, July 28th 10 - 11 AM  Online
Tuesday, August 29th 10 - 11 AM  Online

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.
miércoles, 19 de julio 10 - 11:30 AM  En Línea
miércoles, 30 de agosto 1 - 2:30 PM  El Cajon Branch Library

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.
martes, 11 de julio 11 AM - 12 PM  En Línea
jueves, 4 de agosto 2:30 - 3:30 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, 25 de julio 1:30 - 3 PM  En Línea
jueves, 14 de septiembre 2 - 3:30 PM  Alzheimer’s San Diego

Seguridad en el hogar
Esta clase se enfoca en discutir estrategias de prevención de accidentes en el hogar y cómo mantener un espacio seguro para personas que viven con pérdida de memoria. Reduce el riesgo de deambular, caídas, lesiones en el hogar, errores de medicamentos y más.
jueves, 27 de julio 2:30 - 4 PM  En Línea
martes, 26 de septiembre 1 - 2:30 PM  El Cajon Branch Library

Opciones de cuidado: Viviendo en casa con demencia
¿Cuándo es el tiempo para pedir ayuda? Únase a nosotros para aprender sobre las opciones de cuidado cuando su persona vive en el hogar, y aprenda más sobre los recursos disponibles en la comunidad como los centros de cuidado diurno para adultos, manejadores del cuidado y mucho más.
jueves, 17 de agosto 1 - 2:30 PM  En Línea

La planificación y los cuidados para el final de la demencia
Aprenda más sobre la última etapa de la demencia y los cambios finales de la enfermedad, explore nuevas formas de proveer cuidado y nuevos rituales de comunicación, ante los cambios inminentes.
jueves, 31 de agosto 11 AM - 12:30 PM  En Línea
**Walk4ALZ**

**Saturday, October 21st | 8 AM**

There are a record number of San Diegans living with Alzheimer’s and related dementias. We see you. We hear you. And every October, we walk for you.

Walk4ALZ 2023 will be on Saturday, October 21st. It is completely free to register and is a family-friendly and dog-friendly event. The route is 2.75 miles around Balboa Park. It is the largest fundraiser for Alzheimer’s San Diego, a local nonprofit organization, and is the only walk where every dollar stays in San Diego County to support people living with dementia, their caregivers, and research to find a cure.

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**Join us for Social Activities & Outings**

**Now with afternoon classes!**

**Music Centered Wellness**

Every 1st & 3rd Friday from 10 - 11:30 AM & 1 – 2:30 PM

Have fun and connect with others through music, using song and play to facilitate memory exercises, self-expression, and relaxation. Led by an experienced music therapist this class uses therapeutic techniques to improve social, emotional, and physical well-being.

**Movement & Motion**

Every 2nd & 4th Friday from 10 - 11:30 AM & 1 – 2:30 PM

This class is a great chance for both care partners and people living with dementia to get their bodies moving in a safe way to provide benefits such as increased blood flow to the brain, slowing of physical and cognitive decline, and reducing depression. All while having fun!

*PLEASE NOTE: Activities are designed for people with dementia and their care partners to enjoy together.*

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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

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

*We can’t find a cure without you!*
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EDUCATION

Brain Health for All

Alzheimer's San Diego