

January - March 2024

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.

Thursday, January 18th 11 AM - 12:15 PM Online / With ElderHelp

Tuesday, March 26th 2 - 3:30 PM ■ Alzheimer's San Diego

Maintaining Your Brain Health

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

Friday, February 9th 10 - 11:30 AM ■ Scripps Miramar Ranch Library

Tuesday, February 13th 1 - 2:30 PM ■ Grossmont Auditorium Conference Center

Tuesday, February 27th 2 - 3:30 PM ■ Alzheimer's San Diego

Monday, March 18th 2 - 3:30 PM ■ Online

Planning – Open to all attendees



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.

Friday, January 12th 10 - 11:30 AM ■ Scripps Miramar Ranch Library

Safety at Home

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

Wednesday, January 31st 10 - 11:30 AM ■ Online

Living with Memory Loss

Learn strategies for adapting to daily challenges, enhancing health and well-being, and planning for the future. For individuals living with early-stage memory loss and their care partners.

Wednesday, February 7th 10 - 11:30 AM ■ Valencia Park/Malcolm X Library

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, March 1st 10 - 11:30 AM ■ Oceanside Library – Civic Center

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

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.

Wednesday, February 21st 2 - 4 PM ■ Online

Care Options: Residential Placement

Whether you're looking at placement options now or planning ahead, learn about the different types of residential settings (including assisted living, memory care, and skilled nursing facilities), what they cost, and how to choose what's best for your situation.

Friday, March 8th 10 - 11:30 AM ■ Scripps Miramar Ranch Library

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.

Tuesday, January 9th 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.

Tuesday, January 23rd 2 - 3:30 PM ■ Alzheimer's San Diego

Thursday, February 22nd 10:15 - 11:45 AM ■ JFS College Ave Center



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, February 2nd 10 - 11:30 AM ■ Oceanside Library – Civic Center

Tuesday, March 12th 1 - 2:30 PM ■ Grossmont Auditorium Conference Center

Skills Clinic: Bathing & Grooming

Having challenges helping someone with their hygiene? This workshop gives caregivers hands-on training on how to assist someone living with dementia with bathing, teeth brushing, and other needs.

Thursday, February 15th 10 - 11:30 AM ■ Online

Coping with Personality & Behavior Changes

People with Alzheimer's disease and other dementias can experience behavior and personality changes. Learn what those changes mean, and new ways to respond.

Wednesday, March 6th 10 - 11:30 AM ■ Valencia Park/Malcolm X Library

En Español – Abierto a todos

Todas nuestras clases son GRATIS. Para aprender más e inscribirse, visite alzsd.org/en-espanol o llame 858.492.4400. Asegúrese de consultar nuestro calendario educativo en línea para adiciones y actualizaciones.

Cafecito con Alzheimer's San Diego



La demencia y nuestras familias

Venga y hable con nosotros sobre cómo la demencia afecta a nuestros seres queridos.

miércoles, 17 de enero 9:30 - 11 AM ■ CARE Center – National City

martes, 6 de febrero 11:30 AM - 1 PM ■ San Ysidro Library

miércoles, 28 de febrero 10 - 11:30 AM ■ Otay Mesa-Nestor Library

Nuestro cerebro y nuestra salud

Venga y hable con nosotros sobre cómo nuestro cerebro es parte de nuestra salud.

miércoles, 24 de enero 10 - 11:30 AM ■ Otay Mesa-Nestor Library

miércoles, 21 de febrero 9:30 - 11 AM ■ CARE Center – National City

Los cambios, la comunicación y la comunidad

Venga a hablar sobre cómo nos comunicamos con los nuestros sobre la demencia.

miércoles, 27 de marzo 10 - 11:30 AM ■ Otay Mesa-Nestor Library

Reconociendo la pérdida de memoria

Reconoce los síntomas de la demencia y cuándo pedir ayuda.

lunes, 8 de enero 10 - 11:30 AM ■ El Cajon Branch Library

Estrategias para la planificación para la alimentación

Aprenderá estrategias para asistir durante la alimentación.

jueves, 11 de enero 2:30 - 4 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.

lunes, 12 de febrero 10 - 11:30 AM ■ El Cajon Branch Library

martes, 13 de febrero 6 - 7:30 PM ■ Valencia Park/Malcolm X Library

Manejando cambios en la comunicación y el comportamiento

Aprenda los síntomas más comunes que afectan el comportamiento, la personalidad, y la razón detrás de los cambios.

viernes, 23 de febrero 11 AM - 12:30 PM ■ En Línea

Estrategias para manejar cambios relacionados con demencia

Movimiento para incorporar en la vida cotidiana.

lunes, 11 de marzo 10 - 11:30 AM ■ El Cajon Branch Library

Prevención de caídas: Consejos simples para la seguridad en el hogar

Estrategias para reducir riesgos de caída y mantener un ambiente seguro.

jueves, 14 de marzo 1:30 - 3 PM ■ En Línea

January 2024: Celebrate Support Group Awareness Month!

Each year during the month of January, we shine a light on one of our most valued programs – care partner support groups! They make an immense impact and deserve to be celebrated. You may not know that:

- We offer more than 30 **FREE** support groups, Monday-Sunday, in-person, via Zoom 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 experiences** and who truly understand can help you feel less alone as you confront the many challenges of caregiving.

Start 2024 off with support and guidance from other caregivers walking the path of caring for someone living with memory loss.

Find a group today: alzsd.org/support or call **858.492.4400**



Become a Support Group Facilitator

Interested in becoming a group facilitator? Alzheimer's San Diego provides training, materials and ongoing support for those interested in facilitating a support group. Contact Ellen Boucher at eboucher@alzsd.org or **858.966.3305** for more information.

"I have changed and grown so much better in how I handle things with my [person] in the year I have been with this group."

- from a support group attendee

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** or info@alzsd.org.

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

Advanced Brain Monitoring

(760) 720-0099 ext. 6011
advancedbrainmonitoring.com

We can't find a cure without you!

Keep in touch! @AlzheimersSD



CALL US AT 858.492.4400

VISIT US AT ALZSD.ORG