

April - June 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 Alzheimer's disease and other dementias. Learn information about risk factors, common symptoms, and resources for help.

Wednesday, May 8th 2 - 3:30 PM ■ Online

Tuesday, June 11th 1 - 2:30 PM ■ Grossmont Auditorium Conference Center



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.

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

Friday, May 3rd 10 - 11:30 AM ■ Oceanside Library – Civic Center

Maintaining Your Brain Health

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

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

Wednesday, June 5th 10 - 11:30 AM ■ 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.

Tuesday, April 16th 11 AM - 12:30 PM ■ Online

Tuesday, May 14th 1 - 2:30 PM ■ Grossmont Auditorium Conference Center

Planning – Open to all attendees



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.

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

Friday, June 14th 10 - 11:30 AM ■ Scripps Miramar Ranch Library

Care Options: Residential Placement

Whether you're looking at placement options now or planning ahead, learn about the different types of residential settings, what they cost, and how to choose what's best for your situation.

Tuesday, May 28th 2 - 3:30 PM ■ Alzheimer's San Diego

Driving & Memory Loss

Learn about physical and cognitive changes, how to evaluate driver safety, local transportation resources, and tips for having difficult conversations about driving.

Wednesday, May 22nd 1 - 2:30 PM ■ One Safe Place

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, April 9th 1 - 2:30 PM ■ Grossmont Auditorium Conference Center

Living with IDD & Dementia

Families caring for people living with developmental disabilities can learn about how Alzheimer's and dementia may affect them in the future. Topics include the causes of dementia, adapting to changes in behavior, planning for the future, and local resources available to support families.

Wednesday, April 24th 10 - 11:30 AM ■ Online

Caregiving – Specifically for care partners

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.

Wednesday, April 3rd 10 – 11:30 AM ■ *Malcolm X 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.

Thursday, May 23rd 10:15 – 11:45 AM ■ *JFS College Ave Center*

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.

lunes, 15 de abril 10 – 11:30 AM ■ *El Cajon Branch Library*

miércoles, 15 de mayo 9 – 10:30 AM ■ *CARE Center – National City*

miércoles, 22 de mayo 10 – 11:30 AM ■ *Otay Mesa-Nestor Library*

martes, 18 de junio 11:30 AM – 1 PM ■ *San Ysidro Library*

Cafecito con Alzheimer's San Diego: Nuestro cerebro y nuestra salud

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

martes, 2 de abril 11:30 AM – 1 PM ■ *San Ysidro Library*

jueves, 11 de abril 10 – 11:30 AM ■ *Molina Healthcare El Cajon Resource Center*

miércoles, 24 de abril 10 – 11:30 AM ■ *Otay Mesa-Nestor Library*

lunes, 13 de mayo 10 – 11:30 AM ■ *El Cajon Branch Library*

Cafecito con Alzheimer's San Diego: Los cambios, la comunicación y la comunidad

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

miércoles, 17 de abril 9 – 10:30 AM ■ *CARE Center – National City*

martes, 7 de mayo 11:30 AM – 1 PM ■ *San Ysidro Library*

lunes, 17 de junio 10 – 11:30 AM ■ *El Cajon Branch Library*

miércoles, 26 de junio 10 – 11:30 AM ■ *Otay Mesa-Nestor Library*

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.

Friday, April 5th 10 – 11:30 AM ■ *Oceanside Library – Civic Center*

Tuesday, June 25th 2 – 3:30 PM ■ *Alzheimer's San Diego*

Care in the Late Stage

Join us to learn what to expect in the late stage of the disease, and explore new ways to communicate and provide care as needs are changing.

Wednesday, May 1st 10 – 11:30 AM ■ *Malcolm X Library*

Friday, June 7th 10 – 11:30 AM ■ *Oceanside Library – Civic Center*

Preparing for a Good End

An introduction to hospice and palliative care services, as well as resources for care and support at the end of life.

Friday, May 10th 10 – 11:30 AM ■ *Scripps Miramar Ranch Library*

Skills Clinic: Meals & Eating

This workshop focuses on tips and techniques to better support someone living with dementia during mealtime. These practical skills are based on techniques used in professional caregiving.

Thursday, June 27th 10 – 11:30 AM ■ *Online*



Estrategias para la planificación para la alimentación

Aprenderá estrategias para asistir durante la alimentación.

lunes, 8 de abril 11 AM – 12:30 PM ■ *En Línea*

martes, 4 de junio 2 – 3:30 PM ■ *East County Career Center*

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.

jueves, 9 de mayo 11 AM – 12:30 PM ■ *East County Career Center*

miércoles, 29 de mayo 2 – 3:30 PM ■ *En Línea*

Estrategias para manejar cambios relacionados con demencia

Movimiento para incorporar en la vida cotidiana.

lunes, 22 de abril 1 – 2:30 PM ■ *East County Career Center*

jueves, 23 de mayo 2 – 3:30 PM ■ *En Línea*

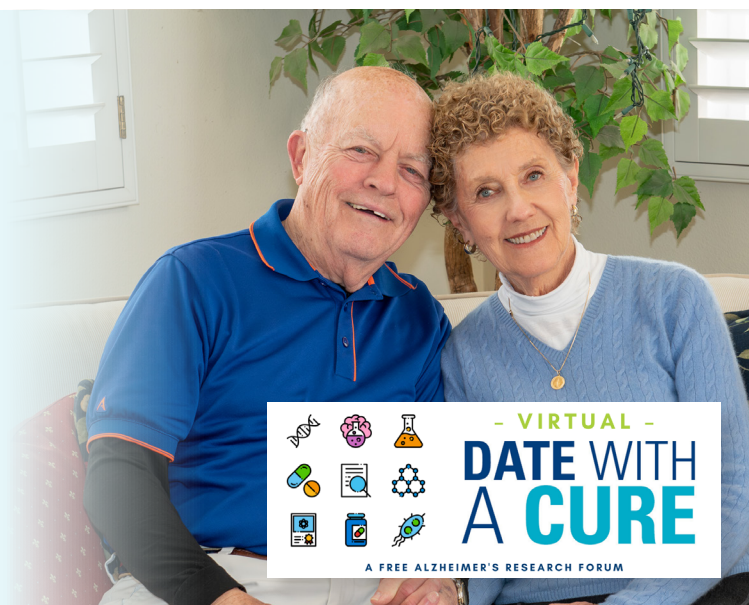
Date with a Cure

Tuesday, June 11th | 9-11 AM

Sponsored by Sharp

Join us on Zoom for the annual Date With A Cure research forum. Learn about the latest breakthroughs in dementia research – directly from local scientists working to find a cure – in this interactive Q&A session.

Learn more at
alzsd.org/cure



Rides4ALZ

Saturday, June 29th | 8:30 AM

Support San Diegans impacted by dementia by joining the 108-mile charity motorcycle ride around San Diego County. Last year, 300 bikers came together and raised over \$180,000. With your help, we hope to make an even greater impact in 2024. And if you're not a rider, you can still join us at the Rides4ALZ afterparty!

Learn more at
alzsd.org/rides



Don't be shy. Our dementia experts are here to help – in person, online and over the phone. Stop by our office or give us a call: 858.492.4400.

All online classes and programs are FREE, thanks to our generous sponsors:

A.M. Ortega, Cordoba Corporation, ICON Utility Services, Jingoli Power, Patriot General, SDG&E, Sharp, Meruelo Enterprises, Inc, Home Instead

*We can't find a cure
without you!*

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

858.836.8350
sharp.com/clinicaltrials

Alzheimer's Therapeutic Research Institute (Keck School of Medicine of USC)

858.964.4644
keck.usc.edu/atri

Advanced Brain Monitoring

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

Pacific Research Network

619.294.4302
prnsd.com

Alector

415-231-5660
alector.com

Keep in touch! @AlzheimersSD



CALL US AT 858.492.4400

VISIT US AT ALZSD.ORG