

October - December 2025

All classes are FREE. Pre-registration is recommended but drop-ins are always welcome. To learn more visit alzsd.org/classes or call 858.492.4400 to speak to our support staff. Please check our website for updates or cancellations.

*For questions about registration for classes at San Diego Oasis and Carlsbad Senior Center, please call Oasis at La Mesa at 619.881.6262, Oasis at Rancho Bernardo at 858.240.2880, or the Carlsbad Senior Center at 442.339.2650.



Getting Started – Open to all attendees



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.

Wednesday, October 1st 10 - 11:30 AM ■ *Malcolm X Library*

Tuesday, November 18th 2 - 3:30 PM ■ *Alzheimer's San Diego*

Friday, December 12th 10 - 11:30 AM ■ *Rancho Peñasquitos Library*

Dementia 101

An introduction to Alzheimer's disease and other dementias. Learn information about risk factors, common symptoms, and resources for help.

Friday, October 10th 10 - 11:30 AM ■ *Rancho Peñasquitos Library*

Wednesday, November 12th 1 - 2:30 PM ■ *San Diego Oasis at La Mesa*

Planning – Open to all attendees



Driving and Memory Loss

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

Friday, October 3rd 10 - 11:30 AM ■ *Oceanside Public Library*

Wednesday, November 5th 10 - 11:30 AM ■ *Malcolm X Library*

Tuesday, December 9th 1 - 2:30 PM ■ *San Diego Oasis at La Mesa*

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, October 14th 1 - 2:30 PM ■ *San Diego Oasis at La Mesa*

Wednesday, December 3rd 10 - 11:30 AM ■ *Malcolm X 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, October 28th 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, November 14th 10 - 11:30 AM ■ *Rancho Peñasquitos Library*

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.

Thursday, November 20th 1 - 2:30 PM ■ *Carlsbad Senior Center*

Caregiving – Specifically for care partners

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.

Thursday, October 16th 11 AM - 12:15 PM ■ *Online / With ElderHelp*

Friday, November 21st 1 - 2:30 PM ■ *San Diego Oasis at Rancho Bernardo*

Friday, December 5th 10 - 11:30 AM ■ *Oceanside Public 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.

Tuesday, October 21st 1 - 2:30 PM ■ *One Safe Place*

Communication Skills

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

Monday, October 27th 1 - 2:30 PM ■ *San Diego Oasis at Rancho Bernardo*

Friday, November 7th 10 - 11:30 AM ■ *Oceanside Public Library*

Tuesday, December 16th 2 - 3:30 PM ■ *Alzheimer's San Diego*

Caregiving – Continued

Managing Resistance

Join us to explore what causes resistance in people living with dementia. Learn strategies to strengthen relationships, build trust, and preserve dignity.

Monday, November 17th 1 - 2:30 PM ■ Bonita-Sunnyside Library



Skills Clinic: Balance & Fall Prevention

Dementia increases the risk of falls. This practical skills class shares strategies for helping a person maintain strength, balance, and reducing that risk.

Friday, December 19th 1 - 2:30 PM ■ San Diego Oasis at Rancho Bernardo

Don't be shy. Our Dementia Care Coaches are here to help – over the phone, in-person, and online. 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, Axos Bank, Cordoba Corporation, ICON Utility Services, Jingoli Power, Meruelo Enterprises, Southland Electric



En Español – Abierto a todos

Todas las clases son GRATUITAS Se recomienda la preinscripción, pero personas sin inscripción previa son bienvenidas. Para obtener más información, visite alzsd.org/en-espanol o llame al 858.492.4400 para hablar con nuestro personal de apoyo. Por favor consulte nuestro sitio web para actualizaciones o cancelaciones.

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.

Jueves, 2 de octubre 12 - 1:30 PM ■ En línea

Jueves, 30 de octubre 1 - 2:30 PM ■ Molina Healthcare Chula Vista Resource Center



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, 13 de octubre 10 - 11:30 AM ■ El Cajon Branch Library

Jueves, 13 de noviembre 1 - 2:30 PM ■ Molina Healthcare El Cajon One Stop Health Center

Martes, 16 de diciembre 10 - 11:30 AM ■ En línea



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, 15 de octubre 9:30 - 11 AM ■ CARE Center – National City

Viernes, 21 de noviembre 3 - 4:30 PM ■ En línea

Lunes, 8 de diciembre 10 - 11:30 AM ■ El Cajon Branch Library

Estrategias para la planificación para la alimentación

Aprenderá estrategias para asistir durante la alimentación.

Martes, 7 de octubre 11:30 AM - 1 PM San Ysidro Library

Consejos sencillos para la seguridad en el hogar

Aprenda estrategias para crear y mantener un hogar más seguro para alguien que vive con demencia.

Miércoles, 8 de octubre 1 - 2:30 PM ■ John Landes Community Center Library – Oceanside

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.

Lunes, 20 de octubre 1 - 2:30 PM ■ Bonita-Sunnyside Library

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.

Miércoles, 22 de octubre 10 - 11:30 AM ■ Otay Mesa-Nestor Library

Lunes, 15 de diciembre 1 - 2:30 PM ■ Bonita-Sunnyside Library

Conversando sobre la pérdida de memoria

¿Por qué es difícil hablar de este tema? Aprende a prepararte y hacer un plan.

Martes, 4 de noviembre 11:30 AM - 1 PM ■ San Ysidro Library

Miércoles, 17 de diciembre 10 - 11:30 AM ■ Otay Mesa-Nestor Library

Manejando cambios en la comunicación y el comportamiento

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

Miércoles, 12 de noviembre 1 - 2:30 PM ■ John Landes Community Center Library – Oceanside

Reconociendo la pérdida de memoria

Reconoce los síntomas de la demencia y cuándo pedir ayuda.

Miércoles, 19 de noviembre 10 - 11:30 AM ■ Otay Mesa-Nestor Library

Estrategias para mejorar el equilibrio y prevenir caídas

Aprenda sobre cómo los cambios debidos a la demencia afectan sus movimientos y cómo fortalecerse.

Martes, 2 de diciembre 11:30 AM - 1 PM ■ San Ysidro Library

Miércoles, 10 de diciembre 1 - 2:30 PM ■ John Landes Community Center Library – Oceanside



San Diegans Need Your Help – Volunteer Today!

Whether you're a student, retired, or anywhere in between, you can help neighbors with memory loss in your community.

Take part in programs like ALZ Ally by providing social calls to combat loneliness and isolation, food deliveries to client homes, in-home friendly visits, and more. The ALZ Companions program is another great opportunity where you get matched with a family to make in-home social visits, benefiting both the person living with dementia and the care partner.

"Everyone is busy – I am a full-time student and I work – but volunteering has become relaxing and a nice thing to do... If you have an hour or two hours in your day, that is all you need."

Any time volunteered is a gift to San Diegans in need. Bilingual volunteers are welcome. For information on all volunteering opportunities, contact Adrianna McCollum at **858.966.3296** or amccollum@alzsd.org.



Caregiver Tips: Preparing for the Holidays

Many caregivers have mixed feelings about holidays. While you have happy memories of past celebrations, it may seem overwhelming to juggle holiday plans in addition to daily caregiving. We've put together some ideas of how you can balance holiday activities while caring for someone living with dementia – and yourself:

- **Celebrate the traditions that are important to you** and include your person as much as possible.
- **Encourage friends and family to visit** – but set boundaries. Limit the number of visitors at any one time, or schedule rest periods for the person with dementia to recuperate from all the overstimulation.
- **Prepare for guests so their presence isn't confusing** to the person with dementia. Try showing them photos of the guest prior to their arrival or have guests give them a phone call.
- **If you're invited to a celebration your person cannot attend, give yourself permission to go alone.** Ask a trusted friend or family member to spend time with your loved one while you're out.

Clinical Trials

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 by signing up for this important local research.

Sharp

858.836.8350
sharp.com/clinicaltrials

Translational Neuroscience Institute (TNI) at UC San Diego

858.534.0901
health.ucsd.edu/care/clinical-trials

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

858.964.4644
keck.usc.edu/atri



We can't find a cure without you!

Keep in touch! @AlzheimersSD

