



# Family Education



\*Class for **family caregivers only** – professionals please see Professional Education Calendar  
Not recommended for persons with memory loss

## November 2016

Class/Event	Date/Time	Details
<b>Being Mortal Screening</b> <i>Community Screening and Conversation Café™ with Expert Panel</i> This groundbreaking film follows Dr. Atul Gawande, as a doctor and a son, as he explores the hopes of people facing terminal illness and their relationships with the doctors who care for them.	Thursday, November 3 <sup>rd</sup> , 2016 5:30 p.m. – 8:30 p.m.	Institute for Healthcare Advancement 501 S. Idaho St. #350 La Habra, CA 90631
RSVP: Contact <a href="mailto:aeron.david@alzoc.org">aeron.david@alzoc.org</a> or call 949-757-3776		
<b>Clinical Trials Spotlight: Irvine Clinical Research</b> Did you know that you can make a difference in Alzheimer's disease by joining a clinical trial? Join us for our Clinical Trials Spotlight, where you can learn about what it means to join a clinical trial, receive information about current and upcoming trials in Orange County, and meet with local researchers.	Friday, November 4 <sup>th</sup> , 2016 10:30 a.m. – 12:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or call Education Coordinator 949-757-3721		
<b>7<sup>th</sup> Annual Latino Alzheimer's Conference</b> A series of speakers covering various topics such as aging, clinical studies, and family therapy. Free medical assessments available, including: diabetes, osteoporosis, and flu shots. Breakfast and lunch are provided.	Saturday, November 5 <sup>th</sup> , 2016 7:00 a.m. – 2:00 p.m.	Templo Calvario 2501 West 5 <sup>th</sup> St. Santa Ana, CA 92703
RSVP: 949-757-3755 or 949-757-3766 <a href="http://www.alzoc.org">www.alzoc.org</a>		
<b>Understanding Dementia and Alzheimer's Disease*</b> An introduction to memory loss, dementia and Alzheimer's disease.	Tuesday, November 8 <sup>th</sup> , 2016 6:00 p.m. – 8:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)		
<b>Spanish Language: Preparing for the Holidays</b> <b>Preparación Para los Días Festivos</b> Helpful tips for maintaining your well-being, minimizing stress and enjoying the holiday season. <i>Consejos útiles para mantener su bienestar, reducir el estrés y disfrutar de los días festivos.</i>	Thursday, November 10 <sup>th</sup> , 2016 Jueves, 10 de Noviembre de 2016 2:00 p.m. – 3:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
RSVP: Please call to register 949-757-3764 or 844-435-7259		

<b>How do you prevent Alzheimer's?</b> New research shows that you may be able to reduce your risk of Alzheimer's disease and possibly delay the onset of symptoms through a combination of healthy habits and lifestyle choices. Learn how diet, nutrition, and exercise, affect both our physical and cognitive health as we age. Discover what research currently says about vitamins and supplements. RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a>	Thursday, November 10 <sup>th</sup> , 2016 5:30 p.m. – 7: 30 p.m.	Trinity United Presbyterian Church Fellowship Hall 13922 Prospect Ave. Santa Ana, CA 92705
<b>Compassionate Communication: The Dos and Don'ts*</b> Learn to connect with a person with memory loss. RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Saturday, November 12 <sup>th</sup> , 2016 10:00 a.m. – 12:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
<b>Brain Health &amp; Open Book Series</b> Understand age related changes in memory and learning. Review possible risks and threats to brain health. Learn what you can do to protect your brain health. RSVP: <a href="http://muzeo.org/events/">http://muzeo.org/events/</a>	Thursday, November 17 <sup>th</sup> , 2016 4:00 p.m. – 5:30 p.m.	MUZEO 241 S. Anaheim Blvd. Anaheim, CA 92805
<b>Alzheimer's Disease: Pathology &amp; Recent Research</b> Learn about the basics of Alzheimer's disease, its pathology and the latest research on this disease. RSVP: Kerry Whelan (714) 256-8098 or Diana Blidy (714) 256-8024	Thursday, November 17 <sup>th</sup> , 2016 7:00 p.m. – 8:00 p.m.	Lakeview Hall- Morningside 800 Morningside Drive Fullerton, CA 92835
<b>Legal Workshop: Information on Planning for Long Term Care*</b> Obtain information from an expert Elder Law Attorney. RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Friday, November 18 <sup>th</sup> , 2016 1:00 p.m. – 3:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
<b>Understanding Dementia-Related Behaviors*</b> Understand how behavior is one of the primary ways for people with dementia to communicate, and learn new strategies to help intervene with behavioral challenges. RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Saturday, November 19 <sup>th</sup> , 2016 10:00 a.m. – 12:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614

## December 2016

Class/Event	Date/Time	Details
<b>Dementia Care-3 Topic Series: Communicating and Connecting with Individuals Who Have Alzheimer's, Managing Dementia-Related Behaviors, Activities that Enhance Dementia Care</b> Learn practical tools and techniques in communication. Identify common triggers for behaviors associated with dementia. Understand how incorporating the "Best Friends" approach can improve activity and participation. RSVP: <a href="http://www.alzoc.org/services/education">www.alzoc.org/services/education</a>	Saturday, December 3 <sup>rd</sup> , 2016 9:00 a.m. – 12:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614

<b>Compassionate Communication: The Dos and Don'ts*</b> Learn to connect with a person with memory loss.  RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Saturday, December 10 <sup>th</sup> , 2016 10:00 a.m. – 12:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
<b>Understanding Dementia and Alzheimer's Disease*</b> An introduction to memory loss, dementia and Alzheimer's disease.  RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Tuesday, December 13 <sup>th</sup> , 2016 6:00 p.m. – 8:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
<b>Understanding Dementia-Related Behaviors*</b> Understand how behavior is one of the primary ways for people with dementia to communicate, and learn new strategies to help intervene with behavioral challenges.  RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Saturday, December 17 <sup>th</sup> , 2016 10:00 a.m. – 12:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614

## January 2017

Class/Event	Date/Time	Details
<b>Understanding Dementia and Alzheimer's Disease*</b> An introduction to memory loss, dementia and Alzheimer's disease.  RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Tuesday, January 10 <sup>th</sup> , 2017 6:00 p.m. – 8:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
<b>Compassionate Communication: The Dos and Don'ts*</b> Learn to connect with a person with memory loss.  RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Saturday, January 14 <sup>th</sup> , 2017 10:00 a.m. – 12:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
<b>Understanding Dementia-Related Behaviors*</b> Understand how behavior is one of the primary ways for people with dementia to communicate, and learn new strategies to help intervene with behavioral challenges.  RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Saturday, January 21 <sup>st</sup> , 2017 10:00 a.m. – 12:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614
<b>Legal Workshop: Information on Planning for Long Term Care*</b> Obtain information from an expert Elder Law Attorney.  RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Monday, January 23 <sup>rd</sup> , 2017 6:00 p.m. – 8:00 p.m.	307 Placentia Ave. Suite 100A and 100B Newport Beach, CA 92663
<b>Understanding Dementia and Alzheimer's Disease*</b> An introduction to memory loss, dementia and Alzheimer's disease.  RSVP: <a href="http://www.alzoc.org/services/education/family-education/">http://www.alzoc.org/services/education/family-education/</a> or 844-HELP-ALZ (844-435-7259)	Saturday, January 28 <sup>th</sup> , 2017 10:00 a.m. – 12:00 p.m.	Alzheimer's Orange County 2515 McCabe Way Irvine, CA 92614