

Alzheimer's

ORANGE COUNTY



Family Services Calendar - Winter 2019



First Steps

Free Memory Screening

Do you have:

- ☐ Trouble coming up with a word or name?
- ☐ Trouble remembering important dates or events?
- ☐ Trouble recalling what you just read?
- ☐ Problems losing or misplacing things?
- ☐ Trouble planning or organizing?
- ☐ Noticeably greater difficulty performing tasks?

If you said “**Yes**” to any of the above, consider having a **FREE**, confidential memory screening at Alzheimer's Orange County. First Friday of the month, RSVP required.

Fri January 4, February 1, March 1
10:00 AM - 2:00 PM

Alzheimer's Orange County
2515 McCabe Way, Irvine, CA 92614

Call for an appointment today: **844-435-7259**

Someone I Know Has Dementia

Dementia 101: Fact v. Fiction

Separate fact from fiction about Alzheimer's disease. Learn simple tips for connecting and communicating with people with memory loss.

Fri February 8 • 12:30 PM – 1:30 PM

Yorba Linda Community Center
4501 Casa Lomita Ave., Yorba Linda, CA

RSVP: Call 714-961-7181

Thurs March 14 • 6:00 PM – 7:00 PM

San Juan Capistrano Community Center
25925 Camino Del Avion, San Juan Capistrano, CA 92675

RSVP: Call 949-473-5911

Now What? Next Steps after a Diagnosis

Learn about practical actions that you, your family and friends can take after receiving a diagnosis. Learn about the HELP model, a 4-step approach to help you get started. Discover tools and resources available every step of the way. Recommended for people newly diagnosed with Mild Cognitive Impairment (MCI), Alzheimer's disease or another form of dementia, as well as their friends and family.

Fri January 18 • 1:00 PM – 3:00 PM

Fri February 15 • 1:00 PM – 3:00 PM

Fri March 15 • 1:00 PM – 3:00 PM

Alzheimer's Orange County
2515 McCabe Way, Irvine, CA 92614

RSVP: alzoc.org/family-education or call 949-757-3771

Early Memory Loss

A four-week supportive/educational group for people with early memory loss due to Mild Cognitive Impairment (MCI), Alzheimer's disease, or another form of dementia. You and your partner will meet with others in similar situations and learn how to deal with challenges.

Every Wed January 9 - 30 • 1:00 PM - 2:30 PM

Laguna Woods, CA

Every Wed February 6 - 27 • 10:00 AM - 11:30 AM

Garden Grove, CA

Every Wed March 6 - 27 • 1:00 PM - 2:30 PM

Irvine, CA

RSVP: Call 949-757-3759 or email: earlystage@alzoc.org

Family Strategies 1 - 2 - 3 for Family Caregivers Only

Come to one, two or all three classes on the second, third, and fourth Tuesday of the month!

1. Compassionate Communication: A New Way of Talking

Learn principles and practical techniques to communicate with those with memory loss. Held every second Tuesday.

Tues January 8 • 10:00 AM – 12:00 PM

Tues February 12 • 10:00 AM – 12:00 PM

Tues March 12 • 10:00 AM – 12:00 PM

Alzheimer's Orange County
2515 McCabe Way, Irvine, CA 92614

RSVP: alzoc.org/family-education or call 844-435-7259



2. Personality and Behavior Changes: Why and How to Respond

Identify common behavior changes, explore why they happen and what they mean. Learn helpful tips to adjust and respond. Held every third Tuesday.

Tues January 15 • 10:00 AM – 12:00 PM

Tues February 19 • 10:00 AM – 12:00 PM

Tues March 19 • 10:00 AM – 12:00 PM

Alzheimer's Orange County
2515 McCabe Way, Irvine, CA 92614

RSVP: alzoc.org/family-education or call 844-435-7259

3. Meaningful Activities at Home

Learn how to plan and do easy activities at home that enhance the time you spend together with your loved one with memory loss. Held every fourth Tuesday.

Tues January 22 • 10:00 AM – 12:00 PM

Tues February 26 • 10:00 AM – 12:00 PM

Tues March 26 • 10:00 AM – 12:00 PM

Alzheimer's Orange County
2515 McCabe Way, Irvine, CA 92614

RSVP: alzoc.org/family-education or call 844-435-7259



Special Events

Memories in the Making® Facilitator Training Class

Memories in the Making® is a unique class that allows the person with Alzheimer's disease or other dementia to express themselves through painting. Learn how to use this successful method to improve communication and understand behaviors associated with dementia. *No artistic background is necessary to benefit from Memories in the Making®.*

Thurs February 14 • 9:30 AM – 11:30 AM

Alzheimer's Orange County
2515 McCabe Way, Irvine, CA 92614

RSVP: Call 949-757-3721

Thurs March 21 • 1:00 PM – 2:30 PM

Costa Mesa Senior Center
695 W. 19th St., Costa Mesa, CA 92627

RSVP: Register at the Costa Mesa Senior Center, Mon.-Fri., or on-line at cmclassesonline.com

Memories in the Making® Art Exhibit - Costa Mesa Senior Center

Visit the Memories in the Making® art exhibit that will be on display at the Costa Mesa Senior Center from **January 7 to March 29**. Join us for an Artist Reception on February 25 from 12:00 PM to 1:30 PM. *Costa Mesa Senior Center, 695 W. 19th St., Costa Mesa, CA 92627*





Caregiving

Savvy Caregiver: 6-Week Family Caregiver Training

This program is an evidence-based, 15-hour training provided over a 6 week period. Caregivers will possess greater confidence and understanding of Alzheimer's disease and other forms of dementia. *On-site care will be provided for your partner/loved one with dementia, upon request.*

Every Thurs Jan 17 - February 21 • 1:00 PM - 3:30 PM

Costa Mesa, CA

Every Thurs Mar 7 - April 11 • 10:00 AM - 12:30 PM

Laguna Woods, CA

RSVP: Call 949-757-3764

Connecting and Communicating with a Person with Memory Loss

Learn practical skills to better communicate with the people in your life who are experiencing memory loss. Get tools and tips that can make interactions easier with people in your life that have memory impairment.

St. Irenaus Catholic Church

9201 Evergreen Ave.

Cypress, CA 90630

RSVP: Call Betty at 714-826-0760, Ext. 146



Planning

Being Mortal: Community Screening and Conversation Café™

Join the national dialogue of the PBS FRONTLINE film, *Being Mortal*. This groundbreaking film follows Dr. Atul Gawande as he explores the hopes of people facing terminal illness and their relationships with the doctors who care for them.

For more information go to www.alzoc.org/beingmortal

Advance Care Planning: Important Choices for Living and Dying

Learn how to record your wishes in the event you cannot speak for yourself, and how to start the conversation with loved ones and your doctor. Learn what a Physician Orders for Life Sustaining Treatment (POLST) form is and what makes Advance Directives legal.

Thurs January 10 • 11:30 AM - 1:30 PM

United Methodist Church (Orange)

161 S. Orange St.

Orange, CA 92866

RSVP: alzoc.org/family-education or 949-855-9444, Ext. 113

Legal and Financial Workshop

Identify the steps to getting legal, financial and future care plans put in place. Become familiar with future care options and legal and financial issues pertaining to dementia. Presented by an elder law attorney.

Tues February 12 • 1:30 PM - 3:30 PM

Norman P. Murray Community Center

24932 Veterans Way

Mission Viejo, CA 92692

RSVP: alzoc.org/family-education or 949-757-3721

Care, Prepare and Connect: End Game Screening and Discussion

Join us for the film *End Game*, followed by a panel discussion about suffering and end-of-life ethics, accessing quality care, Advance Care Planning and caring in our faith based communities.

For additional information and upcoming workshops, please visit www.alzoc.org/events/ or call 949-855-9444, Ext. 113.



Brain Health

Memory Training: 4 Weeks to a Better Memory

Memory Training teaches individuals techniques to improve their memory in a fun, interactive classroom environment. This 2-hour, once a week course is designed to help those with age-related memory challenges over four weeks of lessons and beyond.

- ◆ Remember names and faces
- ◆ Recall appointments, messages and plans
- ◆ Practice everyday memory techniques
- ◆ Avoid misplacing objects
- ◆ Overcome “tip of the tongue” memory slips

This program is not intended for people with a diagnosis of Alzheimer’s disease or other form of dementia.

Thursdays January 10 , 17, 24, 31
10:00 AM - 12:00 PM

Thursdays March 7, 14, 21, 28
10:00 AM - 12:00 PM

Alzheimer’s Orange County
2515 McCabe Way, Irvine, CA 92614

RSVP: Call 949-757-3764



Find Comfort and Support

If you are a family caregiver or a friend of a person with dementia, our informal meetings offer resources for problem solving, educational information, as well as emotional support.

Go to www.alzoc.org/services/support-groups for a listing of support groups in Orange County.



Join Alzheimer’s Orange County’s Facebook® Caregiver Support Group

This is a support group for **CAREGIVERS** and **CARE PARTNERS**; a space to share their journey and knowledge through compassion and support.

To join go to: <http://bit.ly/AlzOCsupportGroup>



Monthly Webinars

Webinar: Brain Health as You Age

Learn how small lifestyle changes can make a big impact on your brain health. Understand age-related changes in memory and learning, possible risks and threats to brain health, and learn what you can do to protect your brain and keep it healthy.

Tues January 8 • 11:30 AM – 12:30 PM

Webinar: Communicating and Connecting with Individuals with Dementia

Learn practical skills for communicating and connecting with individuals who have Alzheimer’s disease or dementia. Understand why social connections are beneficial for individuals with memory loss and how to effectively facilitate social engagement and personal connections.

Tues February 12 • 11:30 AM – 12:30 PM

Webinar: Supporting LGBT Older Adults

Learn about the unique needs of LGBT people living with dementia, as well as the needs of LGBT caregivers helping family members with dementia. We will discuss key terms, concerns, as well as best practices for providing LGBT-affirming care and support.

Tues March 12 • 11:30 AM - 12:30 PM

FOR ALL WEBINARS

RSVP: <https://www.alzoc.org/professionals/webinars/>

We offer classes in Spanish and Vietnamese languages. For more information, contact:
Spanish: www.alzoc.org/spanish
Vietnamese: vietnameseprogram@alzoc.org

DID YOU KNOW? All our programs and classes are FREE