

# Alzheimer's

## ORANGE COUNTY

### Family Services Calendar - Summer 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 July 5, August 2, September 6**

**10:00 AM - 2:00 PM**

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

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

*Suggested donation of \$10. Donations allow Alzheimer's Orange County to provide our many vital support services and programs at no cost to individuals in our community with Alzheimer's and their caregivers.*



### 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 recently diagnosed with Mild Cognitive Impairment (MCI), Alzheimer's disease or another form of dementia, as well as their friends and family.

**Fri July 19 • 1:00 PM – 3:00 PM**

**Fri August 16 • 1:00 PM – 3:00 PM**

**Fri September 20 • 1:00 PM – 3:00 PM**

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

**RSVP:** <http://bit.ly/2E4eoBj> or call 844-435-7259

### 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 Aug. 7 - 28 • 1:00 PM - 2:30 PM** Anaheim, CA

**Every Wed Sept. 11 - Oct. 2 • 1:00 PM - 2:30 PM** Irvine, CA

**Pre-registration is required.**

**RSVP:** Call 949-757-3759 or email: [earlystage@alzoc.org](mailto: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. Caring Conversations: A New Way of Talking

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

**Tues July 9 • 10:00 AM – 12:00 PM**

**Tues August 13 • 10:00 AM – 12:00 PM**

**Tues September 10 • 10:00 AM – 12:00 PM\***

Alzheimer's Orange County

2515 McCabe Way, Irvine, CA 92614

**RSVP:** <http://bit.ly/famstrategies> or call 844-435-7259



September classes  
sponsored by:



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

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

**Tues July 16 • 10:00 AM – 12:00 PM**

**Tues August 20 • 10:00 AM – 12:00 PM**

**Tues September 17 • 10:00 AM – 12:00 PM\***

Alzheimer's Orange County

2515 McCabe Way, Irvine, CA 92614

**RSVP:** <http://bit.ly/famstrategies> 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 July 23 • 10:00 AM – 12:00 PM**

**Tues August 27 • 10:00 AM – 12:00 PM**

**Tues September 24 • 10:00 AM – 12:00 PM\***

Alzheimer's Orange County

2515 McCabe Way, Irvine, CA 92614

**RSVP:** <http://bit.ly/famstrategies> or call 844-435-7259

\*September classes will be held at Villagio at Capriana



## Caregiving

### Savvy Caregiver: 6-Week Family Caregiver Training

This program is an evidence-based, 12-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 respite care will be provided for your partner/loved one with dementia, upon request.*

**Every Thurs June 13 - July 18 • 1:00 PM - 3:30 PM**

Irvine, CA (*Note: No respite at this location. No meeting on July 4*)

**Every Thurs July 25 - August 29 • 10:00 AM - 12:30 PM**

Cypress, CA

**Every Thurs September 19 - October 24 • 1:00 PM - 3:30 PM**

Aliso Viejo, CA

**Seating is limited. RSVP is mandatory.**

Free respite care can be arranged.

For information or to RSVP please call:

844-435-7259.



## 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. During four weeks of lessons, this 2-hour, once-a-week course is designed to help those with age-related memory challenges like:

- ◆ Remembering names and faces
- ◆ Recalling appointments, messages and plans
- ◆ Avoiding misplacing objects
- ◆ Overcoming “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.*

*Suggested donation of \$65\**

**Saturdays - August 10, 17, 24, 31**  
**10:00 AM - 12:00 PM**

**Thursdays - September 5, 12, 19, 26**  
**10:00 AM - 12:00 PM**

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

**Seating is limited. RSVP is mandatory.**

**RSVP:** Call 949-757-3764

*\*Donations allow Alzheimer’s Orange County to provide our many vital support services and programs at no cost to individuals in our community with Alzheimer’s and their caregivers*



## Caregiver Support Groups

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](http://www.alzoc.org/services/support-groups) for a listing of support groups in Orange County.



## Monthly Webinars

### Webinar: Understanding Wandering

Learn the reasons for wandering behaviors, techniques to prevent wandering, how to take precautions and plan ahead for wandering behaviors and what to do if a person with dementia is missing.

**Tues July 9 • 11:30 AM – 12:30 PM**

### Webinar: Hearing Loss and Cognitive Decline

Hearing loss can disrupt the normal relationship between your ears and your brain. Learn about the different effects of untreated hearing loss, including increased risk for dementia, falling, mental health issues and tinnitus.

**Tues August 13 • 11:30 AM – 12:30 PM**

### Webinar: The Cultural Diversity of Grief and Loss

As our world grows smaller, we frequently encounter death and bereavement beliefs and customs that are different than our own. This webinar will not present a “laundry list” of cultural stereotypes, but will introduce a diversity of beliefs from key cultural groups and skills for assessing and intervening more effectively with families from groups unlike our own.

**Tues September 10 • 11:30 AM - 12:30 PM**

### FOR ALL WEBINARS

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





## Planning

### Care, Prepare and Connect: *End Game* Screening and Discussion

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

**Mon July 22 • 1:00 PM - 3:00 PM**

Norman P. Murray Community & Senior Center  
24932 Veterans Way  
Mission Viejo, CA 92692

**RSVP:** [alzoc.org/events/endgame](http://alzoc.org/events/endgame)

### 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 August 13 • 1:30 PM - 3:30 PM**

Norman P Murray Community & Senior Center  
24932 Veterans Way  
Mission Viejo, CA 92692

**RSVP:** <http://bit.ly/Legalwksp> or 949-757-3710

### 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.

**For additional information and upcoming workshops, please visit [www.alzoc.org/acp](http://www.alzoc.org/acp) or call 949-855-9444 Ext.113.**



## 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 participate in Memories in the Making®.

**Wed August 14 • 9:30 AM – 11:30 AM**

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

**RSVP:** Online <http://bit.ly/MIMAug>



### 30th Annual Southern California Alzheimer's Disease Research Conference

How close are we to solving Alzheimer's disease? What have we done so far? Where do we go from here? Join national experts as they explore what we have discovered and charge forward with hope for solutions!

**Friday, October 25, 2019**

For more information visit:  
[www.alzoc.org/research-conference](http://www.alzoc.org/research-conference)