

Alzheimer's

ORANGE COUNTY

Family Services Calendar - Winter 2020



First Steps

Memory Screening

A memory screening is a wellness tool that helps identify possible changes in memory and cognition. If you're experiencing changes in your memory, consider having a confidential memory screening at Alzheimer's Orange County, administered by healthcare professionals. **Fee: \$10***

Alzheimer's Orange County
2515 McCabe Way , Suite 200 Irvine, CA 92614

Call for an appointment today: 844-435-7259

*Memory screening fees allow AlzOC to provide vital support services at no cost to individuals and families impacted by memory loss. Sliding scales are available for those who may qualify.

Living Well with 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.

Wed January 8, 15, 22 & 29 • 1:00 PM – 2:30 PM

Wed March 4, 11, 18 & 25 • 1:00 PM – 2:30 PM

Alzheimer's Orange County
2515 McCabe Way , Suite 200 Irvine, CA 92614

Wed February 5, 12, 19 & 26 • 1:00 PM – 2:30 PM

Cypress, CA

Pre-registration is required.

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

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 January 17 • 1:00 PM – 3:00 PM

Fri February 21 • 1:00 PM – 3:00 PM

Fri March 20 • 1:00 PM – 3:00 PM

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

RSVP: bit.ly/2E4eoBj or call 844-435-7259

This calendar is proudly sponsored by:



Town & Country Manor
Your faith. Your way of life.



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 January 14 • 10:00 AM – 12:00 PM (Brea)
Tues February 11 • 10:00 AM – 12:00 PM (Irvine)
Tues March 10 • 10:00 AM – 12:00 PM (Irvine)

RSVP: bit.ly/famstrategies or call 844-435-7259

All January classes are sponsored by:



and will take place at
Villagio at Capriana
454 La Floresta Drive Brea, CA 92823

All **February and March classes** will take place at:
Alzheimer's Orange County
2515 McCabe Way, Suite 200, Irvine, CA 92614

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 January 21 • 10:00 AM – 12:00 PM (Brea)
Tues February 18 • 10:00 AM – 12:00 PM (Irvine)
Tues March 17 • 10:00 AM – 12:00 PM (Irvine)

RSVP: 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 January 28 • 10:00 AM – 12:00 PM (Brea)
Tues February 25 • 10:00 AM – 12:00 PM (Irvine)
Tues March 24 • 10:00 AM – 12:00 PM (Irvine)

RSVP: bit.ly/famstrategies or call 844-435-7259



Caregiving

Savvy Express: 3-Week Family Caregiver Training

This program is an evidence-informed, 6-hour training provided over a 3-week period. Caregivers will possess greater confidence and understanding of Alzheimer's disease and other forms of dementia.

Thurs January 9, 16, & 23 • 2:00 PM - 4:00 PM
Irvine, CA

Thurs Jan 30, Feb 6, & Feb 13 • 2:00 PM - 4:00 PM
San Juan Capistrano

Wed March 11, 18 & 25 • 10:00 AM - 12:00 PM
Cypress, CA

Seating is limited. RSVP is mandatory.

RSVP: 844-435-7259



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. Sessions available in Chinese, Farsi, Korean, Spanish and Vietnamese. Visit www.alzoc.org/services/support-groups for more information.



Planning

Legal & 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 11 • 1:30 PM - 3:30 PM

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

RSVP: <http://bit.ly/legalworkshop19> or 949-757-3710



Effective & Appropriate Use of the POLST in Long Term Care Settings

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.

Fri January 31 • 10:00 am - 12:00 pm

Alzheimer's Orange County
2515 McCabe Way, Suite 200, Irvine, CA 92614

RSVP: 949-855-9444 EXT: 113
or visit www.alzoc.org/acp



Special Events

Memories in the Making® Facilitator Training Class

Become a trained art facilitator and learn how to engage and communicate with someone with Alzheimer's disease through painting. After completing the course you will:

- Recognize the symptoms of dementia
- Understand the principles and techniques of compassionate communication
- Describe how artistic expression can benefit people with dementia
- Practice techniques that improve communication with Memories in the Making® artists

CEUs: Three (3) CEUs, NHAP, RCFE & CAMFT

*For CEU policies, go to: www.alzoc.org/professionals/mimcepolicies

Thurs February 6 • 9:00 AM – 12:00 PM

2515 McCabe Way, Irvine, CA 92614

To join go to: bit.ly/MIMTraining

Become a Dementia Friend

Become a Dementia friend, and join a growing movement of people who are helping fellow community members who are living with memory loss. A Dementia Friend learns about dementia and then turns that understanding to action. We all have a part to play in creating dementia friendly communities.

Thurs February 13 • 1:00 PM – 2:00 PM

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

RSVP: Space is limited.
To RSVP call 949-470-6032



Brain Health

Memory Training: 4 Weeks to a Better Memory

Memory Training teaches individuals techniques to improve their memory in a fun, interactive classroom setting. During four weeks of lessons, this 2-hour, once-a-week course is designed to help those with age-related memory challenges such as:

- ◆ 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. Course fee: \$65*.

Wednesdays - February 4, 11, 18 and 25

10:00 AM - 12:00 PM

OASIS Senior Center

801 Narcissus Avenue, Corona del Mar, CA 92625

Wednesdays - March 4, 11, 18 and 25

2:00 PM - 4:00 PM

Alzheimer's Orange County

2515 McCabe Way, Suite 200, Irvine, CA 92614

Seating is limited. RSVP is mandatory.

RSVP: Call 949-757-3764

*Sliding scales are available for those who may qualify. Course fees allow AlzOC to provide vital support services at no cost to individuals and families impacted by memory loss. Our sliding scale is part of our commitment for everyone to have access to life-enhancing education and supportive services.



Monthly Webinars

Learn from the convenience and comfort of your own home, or anywhere you have access to a computer with Internet and audio speakers! Each month Alzheimer's Orange County offers a FREE on-line webinar on topics related to senior health care and aging. Although the webinars offer one hour of continuing education credit for RCFE, NHAP, BRN and CAMFT/BBS professionals, family caregivers and the general public will also benefit from the highly informative subjects presented.

Can't attend a live webinar? No problem. Our webinars are recorded and posted on the same webpage, where you can view webinar recordings for free, anytime (though you cannot earn continuing education credit by viewing a recorded webinar). Some of the previous webinar topics that are available to view anytime include:

- Hearing Loss and Cognitive Decline
- Wandering Behavior in Dementia Care
- Managing Dementia-Related Changes in Behavior
- Understanding the POLST Form

Webinar: Assisting with ADLs in Dementia Care

This course covers six activities of daily living (ADLs) which become challenging as individuals with dementia progressively lose function and the ability to carry out tasks. Participants will learn how dementia impacts the ability to complete ADLs and how to best assist with these tasks while maximizing the person's autonomy wherever possible.

Tue January 14 • 11:30 AM - 12:30 PM

FOR ALL WEBINARS

Register here: bit.ly/2BZKT3h

Did you know ...

We offer classes, support groups and many other services in Spanish? To speak directly to our Spanish Language Services Coordinator, please call 949-757-3767 or visit www.alzoc.org/spanish