

FOR IMMEDIATE RELEASE

CONTACT: Amanda Helvie
Communications Director
562-900-2265
amanda.helvie@alzoc.org

Alzheimer's Orange County Announces Free Virtual Caregivers Conference

Fill Your Cup: Caregiver Strategies for 2021 set for Thursday, February 25. 10:00 – 11:30 am

IRVINE, California, February 11, 2021 – With the goal of providing valuable resources, support, education and inspiration to help equip caregivers for the challenges they face caring for a loved one with dementia, Alzheimer's Orange County's (AlzOC) will conduct a free virtual caregiver conference entitled *Fill your Cup: Caregiver Strategies for 2021*.

The event is set for Thursday, February 25 from 10 until 11:30 AM. To register to participate in the event, visit <https://register.gotowebinar.com/register/292887219604067598>.

The conference will be online and is free of charge. Expert speakers will educate caregivers and provide them practical tips and techniques to help improve their caregiving experience.

Developing Resiliency with Dr. Miriam Galindo, PsyD, LCSW, RN

Dr. Galindo is a licensed psychologist, licensed social worker and registered nurse with over 30 years' experience working in a variety of outpatient and inpatient mental health settings. She holds a doctorate in psychology, a master's in social work and is currently completing a graduate degree in nursing at Vanguard University. She shares a private practice with her husband Dr. Jorge Galindo. Dr. Galindo is also a former long-time caregiver for her late father, Henry, who was diagnosed with Alzheimer's Disease. She has been a proud volunteer for AlzOC since 2016.

Evidence-Based Medicine with Dr. Dung Trinh, MD

Dr. Trinh is the chief medical officer of Irvine Clinical Research, a board member for AlzOC, a physician with Memorial Care and a medical missionary with TongueOut Medical Missions. He is a keynote speaker, best-selling author and health educator who speaks throughout Orange County on various preventive health topics. He is board certified in internal medicine.

Laughter on Call with Dani Klein Modisett

Laughter On Call (LOC) began as a company pairing comedians with Alzheimer's patients, initially to make Dani's mother, who was facing the disease, laugh. It now trains healthcare workers and families how to find laughter when they need it most. LOC quickly adapted to livestream programming with the advent of COVID-19. This attracted all those who were feeling isolated, particularly corporate teams. LOC has run 60+ virtual parties for companies ranging from Microsoft to Grubhub to just seven executives on a private island. Modisett has been a speaker for caregivers for USC, Leading Age, ICAA, The Alzheimer's Association of Houston, and CEU Creations. She has authored two books on laughter and family life, "Take My Spouse, Please." (Shambhala Press, 2015) and "Afterbirth...stories you won't

read in Parents magazine,” (St. Martin’s Press, 2009). Dani taught Stand-Up at UCLA for 10 years. Her writing has appeared in AARP Magazine, NY Times, LA Times, Parents Magazine and many websites.

All attendees will have the chance to pick up a free resource binder and give-away bag from the event sponsors at a future day and time to be announced. Sponsors include Archstone Foundation, ActivCare Living, Arbor Palms of Anaheim, Caregiver OC Resource Center and Senior Helpers.

“We are excited to present this important conference that will share expert insights and guidance for caregivers and also a laugh or two to help them cope with the challenges,” said Alzheimer’s Orange County CEO and President Jim McAleer.

###

About Alzheimer’s Orange County

Alzheimer’s Orange County provides programs and services that span the continuum of care of Alzheimer’s and related forms of dementia to Orange County, California residents living with Alzheimer’s or dementia, including older adults and frail seniors, along with their families, caregivers, and the community. Alzheimer’s Orange County began as an independent 501c3 nonprofit in 1982 with a primary mission of providing care and support for those impacted with dementia and their caregivers in Orange County. Alzheimer’s is a devastating neurodegenerative illness that weakens the memory and other cognitive and emotional functions. For more information, call the Helpline at 844-373-4400, or visit www.alzoc.org. Find Alzheimer’s Orange County on [Facebook](#), [Twitter](#), [LinkedIn](#), and [Instagram](#).