

EDUCATION CALENDAR

July-September 2022

For a complete listing of virtual and in-person offerings, please visit: alzoc.org/ed-calendar/

MEMORY SUPPORT SERVICES

A Program of
Alzheimer's Orange County

Special Topics: Open to All Attendees

Legal & Financial Considerations In Dementia Care (Virtual)

August 31 | 12:00 pm - 1:30 pm

Register here: bit.ly/FLAug312022

A diagnosis of dementia or concerns about memory loss makes planning for the future a priority. Learn about the steps involved in getting legal, financial, and future plans put in place. Presented by a Certified Elder Law Attorney.

Dispelling Common Myths about Dementia (Virtual)

Sept 1 | 10:00 am - 11:00 am

Register here: bit.ly/BHSept012022

There are many misconceptions around Alzheimer's disease and other types of dementia. Join us to hear about the most common myths surrounding Alzheimer's and other types of dementia and separate fact from fiction. Bring your questions!

Sponsored by:



Dementia Across the Lifespan: 33rd Annual SoCal Alzheimer's Disease Research Conference (In-Person & Virtual)

Friday, September 9 | 8:00 am - 3:15 pm Register here: conference.mind.uci.edu/

Join UCI MIND, Alzheimer's Orange County, and Alzheimer's Association for the 33rd Annual Southern California Alzheimer's Disease Research Conference. This hybrid conference will cover a wide range of topics across the lifespan, such as Down syndrome, frontotemporal dementia, early-onset Alzheimer's, the oldest-old, and even more.

COMMUNITY CLASSES & EVENTS

Open to all!

MindFit OC: Brain Health and Memory Training Classes

Looking to learn more about brain health? Join us for a class or series! For a full listing of MindFit OC Classes visit: alzoc.org/mindfit-oc/

Sharpen your Mind! Memory Tips & Teasers (In-person)

Aug 18 | 10:00 - 11:00 am

Mind your Brain: Strategies for Cognitive Strength at any Age (In-person)

Sept 27 | 1:00 - 2:30 pm

Classes held in-person at:

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

Registration required, call: 949-470-3062

Special Topic Monthly Webinars

2nd Tuesday of every month
11:30 am - 12:30 pm

Free online webinars on topics related to senior health care and aging. Select professionals may receive CE credit. Family/friend care partners and anyone in the community is welcome to join!

Fall Prevention for Older Adults

July 12 | bit.ly/3L6oCI9

Music Therapy's Impact on Individuals with Dementia

Aug 9 | bit.ly/3FVYJnc

Nutritional Needs that Change with Age

Sept 13 | bit.ly/39Crc5z

What is Pseudobulbar Affect? A Chat and Q&A with Dr. Trinh (Zoom)

August 30 | 11:00 am - 12:00 pm | bit.ly/BHAug302022

Pseudobulbar affect, commonly known as PBA, is a lesser known neurological condition. It involves exaggerated emotional expression that doesn't match how a person feels. Come learn more in this interactive virtual chat with Dr. Trinh of Irvine Clinical Research. Bring your questions!

Sponsored by:



CLASSES FOR CARE PARTNERS

For family & friend caregivers of individuals with cognitive changes.

Family Care Partner Strategies Series (Virtual)

Sign up for all three of our July & August series of classes held on Tuesdays at 10:00 am (Zoom). Preregistration is required. Visit the links below, or call 844-373-4400 to sign up!

Caring Conversations: A New Way of Talking

July 5 | bit.ly/CPWJuly052022

Aug 2 | bit.ly/CPWAug022022

Sponsored by:



Understanding & Responding to your Loved One's Distress

July 19 | bit.ly/CPWJuly192022

Aug 16 | bit.ly/CPWAug162022

Meaningful Time Together: Activities & Assisting with Care

July 26 | bit.ly/CPWJuly262022

Aug 23 | bit.ly/CPWAug232022

Sign up for our September series of classes held on Thursdays at 10:00 am (Zoom).

Preregistration is required. Visit the links below, or call 844-373-4400 to sign up!

Dispelling Common Myths about Dementia

Sept 1 | bit.ly/BHSept012022

What are they trying to tell me? Looking at Behavior as Communication

Sept 8 | bit.ly/CPWSept082022

Sponsored by:

Coping with Caregiver Stress

Sept 15 | bit.ly/CPWSept152022



For a listing of our support groups please visit: alzoc.org/support-groups/

Living Well with Early Memory Loss Series (Virtual)

A facilitated 3-week supportive/educational Zoom group for people with early memory loss and a partner. Meet others in similar situations and share tips for daily challenges and gain healthy strategies for living well.

July 13, 20 & 27 or Sept 14, 21 & 28
1:30 pm - 3:00 pm

To learn more, visit: bit.ly/AlzOCESS
For registration contact earlystage@alzoc.org

Savvy Caregiver Express Series (Virtual)

A 3-week evidence-informed series where care partners gain a deeper understanding of the diagnosis and walk away with practical strategies to care for your loved one and yourself. Come find support with others walking the same path.

Series are held on Wednesdays each month
10:00 am - 12:00 pm

To learn more, visit: bit.ly/AlzOCSavvy
For registration contact savvy@alzoc.org

Connect2Culture® (C2C): Weekly Social Activities

C2C is a specialized social engagement program that offers a fun and comfortable way for people in early to moderate stages of the disease and their care partners to get connected with like individuals in their own community through meaningful social activities. For more information contact kim.bailey@alzoc.org or call **844-373-4400**.

Care Partner Support Groups

If you are a family caregiver or a friend of a person with dementia, this informal discussion offers resources for problem solving, educational information, as well as emotional support. You are not alone on this journey—come share experiences and feelings and hear from others in similar situations. Groups are offered in-person throughout Orange County and online. For more information contact kathy.carchidi@alzoc.org or call **844-373-4400**.

Eventos en Español por  Live | 10:30 am

Alzheimer's
ORANGE COUNTY
en Español
@AlzOCEspanol | Nonprofit Organization

- 11 de Jul** Los 6 Pilares para un Cerebro Saludable
- 1 de Aug** Ejercite su Cerebro, Parte I
- 12 de Sep** Ejercite su Cerebro, Parte II

Simplemente visita nuestra página facebook.com/ALZOCEspanol en la fecha y hora indicada para ver el programa.

No es necesario tener una cuenta para el programa en Facebook Live.

¿Le gustaría conectarse con Alzheimer's OC? bit.ly/EspanolOutreachForm