

EDUCATION CALENDAR

October - December 2022

For a complete list of our classes in chronological order, please see the back page of this calendar.

For a complete listing online, please visit: alzoc.org/ed-calendar/

MEMORY SUPPORT SERVICES

A Program of
Alzheimer's Orange County

Special Topics: Open to All Attendees

Dementia Friendly Holidays (Virtual) | Nov 10 | 10:00 am - 11:30 am

Register Here: bit.ly/CPWNov102022

The holidays can be difficult for individuals with cognitive changes as the sights, sounds and activities of the holidays can be overstimulating and overwhelming, which can result in their discomfort and difficult situations. Learn how to make the holidays simple, yet special and appropriate for individuals with dementia. Modifying holiday traditions and managing unrealistic expectations also reduces stress for dementia care partners as well. Let us help you make this holiday season a more peaceful affair!

Sponsored by:  **Town & Country**
Your faith. Your way of life.

Caring Conversations: Tips for Connecting and Communicating with those with Memory Loss (In Person) | Dec 6 | 10:00 am - 11:30 am

Class held at: Norman P. Murray Community & Senior Center
24932 Veterans Way, Mission Viejo **Registration Required, Call: 949-470-3062**

Communication and connection with our loved ones with cognitive changes can be a big challenge for caregivers. Join us as we discuss what makes communication difficult, and what smooths the way to a better connection.

Sponsored by:  **PicnicHealth**

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/

Brain Boot Camp: 2 Week Series

UCLA Longevity Center

Join us for a fun, UCLA Longevity Center evidence-based, two session intensive course that teaches healthy brain lifestyles and enhances memory ability. **Must attend both sessions.**

Oct 18 | 1:00 - 2:30 pm

Oct 25 | 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!

Primary Progressive Aphasia

Oct 11 | bit.ly/3vhsz0Z

Nutritional Needs that Change with Age

Nov 8 | bit.ly/39Crc5z

Dementia Friendly Holidays

Dec 13 | bit.ly/30CJlt2

Are You "Good to Go?" (Virtual)

Oct 24 | 12:00 pm - 1:00 pm | bit.ly/ACPOct242022

A discussion about the importance of Advance Care Planning and how to have important conversations with loved ones to ensure they know your wishes in the event of serious or terminal illness.

Co-hosted by:



**ANAHEIM
PUBLIC
LIBRARY**

COMMUNITY CLASSES & EVENTS

Open to all!

Understanding and Dealing with Common Challenging Situations (Virtual)

Nov 3 | 10:00 am-11:30 am

Care partners often encounter challenging situations when loved ones experience cognitive changes. Join us as we discuss common challenges, why they happen, and how we can best respond. As always, bring your questions and experiences to share!

Register Here: bit.ly/CPWNov032022

Improving Experience at Mealtimes (Virtual)

Nov 17 | 10:00 am-11:30 am

Assisting loved ones with cognitive changes with meals can become challenging for care partners. Come join our discussion of helpful strategies and tips for assisting with meals and make this time a more positive and less stressful activity for you and for your loved one.

Register Here: bit.ly/CPWNov172022

Sponsored by:



Town & Country
Your faith. Your way of life.

Stay up to date on all of our Educational classes and Support Group offerings by visiting our education calendar www.alzoc.org/ed-calendar/

Sharpen Your Mind! Memory Tips and Teasers (Virtual)

November 28 | 12:00 - 1:00 pm | bit.ly/BHNov282022

Participants will discover evidence-based techniques to remember things like names, faces, phone numbers, grocery lists and to-do lists through fun, interactive exercises in this special, one-hour presentation.

Co-hosted by:



**ANAHEIM
PUBLIC
LIBRARY**

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 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

When a loved one experiences cognitive changes, their ability to communicate is often challenged. Join us for this class designed to help you better communicate and connect with friends, family, or loved ones with cognitive decline. Bring your questions!

Oct 4 | bit.ly/CPWOct042022

Understanding & Responding to your Loved One's Distress

Care partners can often face frustration when caring for loved ones with cognitive changes who experience distress which can present as changes in behavior expressions. Join our conversation to explore why this distress occurs, how we can reduce the recurrences of challenging situations, and how to increase positive experiences.

Oct 18 | bit.ly/CPWOct182022

Meaningful Time Together: Activities & Assisting with Care

Spending time together with loved ones with cognitive decline can often become more challenging. Whether you are home with your loved one, or they live in a care community, join us as we talk through ideas for activities to do together, and ways to make our time together enjoyable and meaningful. We will also discuss ways to make assisting with personal care a more positive experience.

Oct 25 | bit.ly/CPWOct252022

Sponsored by:



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.

November 2, 9 & 16

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.

October 12, 19 & 26

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

- 3 de Oct** El Beneficio de la Música Para el Cerebro
- 7 de Nov** La Edad y la Memoria
- 5 de Dic** La Risa es la Mejor Medicina

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

www.alzoc.org | Helpline 844-373-4400 | facebook.com/alzoc

CLASS CALENDAR

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October 2022

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Oct 4	10:00 am - 11:30 am	Caring Conversations: A New Way of Talking (Virtual)
Oct 11	11:30 am - 12:30 pm	Monthly Webinar: Primary Progressive Aphasia (Virtual)
Oct 12	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 1 of 3 (Virtual)
Oct 18	10:00 am - 11:30 am	Understanding & Responding to your Loved One's Distress (Virtual)
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Oct 19	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 2 of 3 (Virtual)
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Oct 25	10:00 am - 11:30 am	Meaningful Time Together: Activities & Assisting w/Care (Virtual)
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Oct 26	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 3 of 3 (Virtual)

November 2022

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Nov 7	10:30 am - 11:30 am	Facebook Live en Español: La Edad y la Memoria (Virtual)
Nov 8	11:30 am - 12:30 pm	Monthly Webinar: Nutritional Needs that Change with Age (Virtual)
Nov 9	1:30 pm - 3:00 pm	Living Well with Early Memory Loss: Session 2 of 3 (Virtual)
Nov 10	10:00 am - 11:30 am	Dementia Friendly Holidays (Virtual)
Nov 16	1:30 pm - 3:00 pm	Living Well with Early Memory Loss: Session 3 of 3 (Virtual)
Nov 17	10:00 am - 11:30 am	Improving Experience at Mealtimes (Virtual)
Nov 28	12:00 pm - 1:00 pm	Sharpen Your Mind! Memory Tips and Teasers (Virtual)

December 2022

Dec 5	10:30 am - 11:30 am	Facebook Live en Español: La Risa es la Mejor Medicina (Virtual)
Dec 6	10:00 am - 11:30 am	Caring Conversations @ Norman P. Murray (In-Person)
Dec 13	11:30 am - 12:30 pm	Monthly Webinar: Dementia Friendly Holidays (Virtual)