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/

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:

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

www.alzoc.org | Helpline 844-373-4400 | facebook.com/alzoc
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
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/3vhszOZ

Nutritional Needs that Change with Age
Nov 8 | bit.ly/39Crc5z

Dementia Friendly Holidays
Dec 13 | bit.ly/3OCJIt2

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:

www.alzoc.org | Helpline 844-373-4400 | facebook.com/alzoc
COMMUNITY CLASSES & EVENTS
Open to all!

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.

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:

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

Co-hosted by:

Town & Country
Your faith. Your way of life.

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


---

**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.


---

**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.

*Sponsored by: [PicnicHealth](https://www.picnichealth.com/)*

---

For a listing of our support groups please visit: [alzoc.org/support-groups/](https://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](http://bit.ly/AlzOCESS)
For registration contact [earlystage@alzoc.org](mailto: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](http://bit.ly/AlzOCSavvy)
For registration contact [savvy@alzoc.org](mailto: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](mailto: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](mailto:kathy.carchidi@alzoc.org) or call 844-373-4400.

Eventos en Español por Facebook Live | 10:30 am

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](https://facebook.com/ALZOCEspanol) en la fecha y hora indicada para ver el programa.

### October 2022

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 3</td>
<td>10:30 am - 11:30 am</td>
<td>Facebook Live en Español: Música Para el Cerebro <em>(Virtual)</em></td>
</tr>
<tr>
<td>Oct 4</td>
<td>10:00 am - 11:30 am</td>
<td>Caring Conversations: A New Way of Talking <em>(Virtual)</em></td>
</tr>
<tr>
<td>Oct 11</td>
<td>11:30 am - 12:30 pm</td>
<td>Monthly Webinar: Primary Progressive Aphasia <em>(Virtual)</em></td>
</tr>
<tr>
<td>Oct 12</td>
<td>10:00 am - 12:00 pm</td>
<td>Savvy Caregiver Express: Session 1 of 3 <em>(Virtual)</em></td>
</tr>
<tr>
<td>Oct 18</td>
<td>10:00 am - 11:30 am</td>
<td>Understanding &amp; Responding to your Loved One’s Distress <em>(Virtual)</em></td>
</tr>
<tr>
<td>Oct 19</td>
<td>10:00 am - 12:00 pm</td>
<td>Savvy Caregiver Express: Session 2 of 3 <em>(Virtual)</em></td>
</tr>
<tr>
<td>Oct 24</td>
<td>12:00 pm - 1:00 pm</td>
<td>Are You &quot;Good to Go?&quot; <em>(Virtual)</em></td>
</tr>
<tr>
<td>Oct 25</td>
<td>10:00 am - 11:30 am</td>
<td>Meaningful Time Together: Activities &amp; Assisting w/Care <em>(Virtual)</em></td>
</tr>
<tr>
<td>Oct 26</td>
<td>10:00 am - 12:00 pm</td>
<td>Savvy Caregiver Express: Session 3 of 3 <em>(Virtual)</em></td>
</tr>
</tbody>
</table>

### November 2022

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 2</td>
<td>1:30 pm - 3:00 pm</td>
<td>Living Well with Early Memory Loss: Session 1 of 3 <em>(Virtual)</em></td>
</tr>
<tr>
<td>Nov 3</td>
<td>10:00 am - 11:30 am</td>
<td>Understanding &amp; Dealing w/Common Challenging Situations <em>(Virtual)</em></td>
</tr>
<tr>
<td>Nov 7</td>
<td>10:30 am - 11:30 am</td>
<td>Facebook Live en Español: La Edad y la Memoria <em>(Virtual)</em></td>
</tr>
<tr>
<td>Nov 8</td>
<td>11:30 am - 12:30 pm</td>
<td>Monthly Webinar: Nutritional Needs that Change with Age <em>(Virtual)</em></td>
</tr>
<tr>
<td>Nov 9</td>
<td>1:30 pm - 3:00 pm</td>
<td>Living Well with Early Memory Loss: Session 2 of 3 <em>(Virtual)</em></td>
</tr>
<tr>
<td>Nov 10</td>
<td>10:00 am - 11:30 am</td>
<td>Dementia Friendly Holidays <em>(Virtual)</em></td>
</tr>
<tr>
<td>Nov 16</td>
<td>1:30 pm - 3:00 pm</td>
<td>Living Well with Early Memory Loss: Session 3 of 3 <em>(Virtual)</em></td>
</tr>
<tr>
<td>Nov 17</td>
<td>10:00 am - 11:30 am</td>
<td>Improving Experience at Mealtimes <em>(Virtual)</em></td>
</tr>
<tr>
<td>Nov 28</td>
<td>12:00 pm - 1:00 pm</td>
<td>Sharpen Your Mind! Memory Tips and Teasers <em>(Virtual)</em></td>
</tr>
</tbody>
</table>

### December 2022

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 5</td>
<td>10:30 am - 11:30 am</td>
<td>Facebook Live en Español: La Risa es la Mejor Medicina <em>(Virtual)</em></td>
</tr>
<tr>
<td>Dec 6</td>
<td>10:00 am - 11:30 am</td>
<td>Caring Conversations @ Norman P. Murray <em>(In-Person)</em></td>
</tr>
<tr>
<td>Dec 13</td>
<td>11:30 am - 12:30 pm</td>
<td>Monthly Webinar: Dementia Friendly Holidays <em>(Virtual)</em></td>
</tr>
</tbody>
</table>