

# EDUCATION CALENDAR

## January - March 2023

For a complete list of our classes in chronological order, please see the insert page of this calendar or the last two pages if viewing online.

For a complete listing online, please visit: [alzoc.org/ed-calendar/](http://alzoc.org/ed-calendar/)

## MEMORY SUPPORT SERVICES

A Program of  
Alzheimer's Orange County

## Special Topics: Open to All Attendees

### Breaking Through the Taboo: How do you know when an older loved one needs more help? (In Person) | Mar 16 | 2:00 pm - 3:00 pm

This class will be held at:

Belmont Village Senior Living, 300 Freedom Lane, Aliso Viejo



Register Here: [bit.ly/CPMar162023](http://bit.ly/CPMar162023)

Sometimes we may not recognize when our older loved ones struggle with the basics of aging on their own. Join us to learn about common red flags that signal issues, how to approach the often difficult conversations, and find the best plan for optimizing well-being. Bring your questions!



Presented by Dr. Dung Trinh, MD and Patty Barnett Mouton, MSGc

### The Importance of Sleep for Cognition (Virtual) | Feb 16 | 10:00 am - 11:30 am

Register Here: [bit.ly/BHFeb062023](http://bit.ly/BHFeb062023)

There is a common myth that older adults need less sleep than younger adults, but research tells us this is not true!

Join this 1.5 hour presentation to learn how sleep affects the brain, how much sleep and what kind of sleep adults need for optimal health, and how to develop your own sleep hygiene for better brain function.

# 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/](http://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.**

Feb 6 | 12:00 - 1:00 pm

Feb 27 | 12:00 - 1:00 pm

Classes held virtually on Zoom

To register: [bit.ly/BHFeb62023](http://bit.ly/BHFeb62023)

Co-hosted by:



## Special Topic Monthly Webinars

2nd Tuesday of every month

11:30 am - 12:30 pm

No cost online webinars on topics related to senior health care and aging. Select professionals may receive free CE credit. Family/friend care partners and anyone in the community is welcome to join!

### Becoming A Resilient Care Provider

Jan 10 | [bit.ly/3yyLsyZ](http://bit.ly/3yyLsyZ)

### Sundowning Syndrome in Dementia

Feb 14 | [bit.ly/3Tn4mjI](http://bit.ly/3Tn4mjI)

### Hoarding in Older Adults

Mar 14 | [bit.ly/3yGNqN8](http://bit.ly/3yGNqN8)

## Mind Your Brain: Strategies for Cognitive Strength at any Age (Virtual)

Jan 30 | 12:00 pm - 1:00 pm |

To register: [bit.ly/BHJan242023](http://bit.ly/BHJan242023)

Interested in strategies for keeping your brain stronger for longer? Based on the latest research from the Cleveland Clinic; learn about the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.

Co-hosted by:



## Sharpen Your Mind! Memory Tips & Teasers (Virtual)

Mar 27 | 12:00 pm - 1:00 pm |

To register: [bit.ly/BHMar272023](http://bit.ly/BHMar272023)

Join this fun and interactive session to learn some strategies to practice improving memory and ways to maximize brain health. Come play along and challenge your brain!

# 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!

Feb 07 | [bit.ly/CPWFeb072023](https://bit.ly/CPWFeb072023)

Mar 07 | [bit.ly/CPWMar072023](https://bit.ly/CPWMar072023)

---

### 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.

Feb 21 | [bit.ly/CPWFeb212023](https://bit.ly/CPWFeb212023)

Mar 21 | [bit.ly/CPWMar212023](https://bit.ly/CPWMar212023)

---

### 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.

Feb 28 | [bit.ly/CPWFeb282023](https://bit.ly/CPWFeb282023)

Mar 28 | [bit.ly/CPWMar282023](https://bit.ly/CPWMar282023)

For a listing of our support groups please visit: [alzoc.org/support-groups/](https://alzoc.org/support-groups/)

# CLASSES FOR CARE PARTNERS

For family & friend caregivers of individuals with cognitive changes.

## Family Care Partner Strategies Series (In Person)

Sign up for all three of our series of classes held on Wednesdays from 1:00 - 2:30 PM

**These classes will be held at:**

**Lakeview Senior Center - Craft Room**

**20 Lake Road, Irvine, CA 92604**

**Preregistration is required. Visit the links below to register or call Lakeview at 949-724-6900.**

Sponsored by:  **PicnicHealth**

### 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!

Jan 11 | [bit.ly/CPWJan112023](https://bit.ly/CPWJan112023)

---

### 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.

Jan 18 | [bit.ly/CPWJan182023](https://bit.ly/CPWJan182023)

---

### 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.

Jan 25 | [bit.ly/CPWJan252023](https://bit.ly/CPWJan252023)

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 three-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.

**1:30 - 3:00 PM**  
January 11, 18 & 25  
March 8, 15 & 22

To learn more, visit: [bit.ly/AlzOCESS](https://bit.ly/AlzOCESS)  
For registration contact [earlystage@alzoc.org](mailto:earlystage@alzoc.org)

## Savvy Caregiver Express Series (Virtual)

A three-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.

**10:00 AM - 12:00 PM**  
January 11, 18 & 25  
February 8, 15 & 22  
March 8, 15 & 22

To learn more, visit: [bit.ly/AlzOCSavvy](https://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 on Zoom | 10:30 AM

<b>9 de Enero</b>	Cuidando a la Cuidadora
<b>6 de Febrero</b>	Actividades que Reconfortan
<b>6 de Marzo</b>	La Resiliencia de la Cuidadora

No es necesario registrarse, simplemente oprima el link de Zoom en la fecha y hora indicada para ver el programa:

<https://us06web.zoom.us/j/94604768060>  
o unace usando el codigo de junta: **946 0476 8060**

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

¿Le gustaría conectarse con Alzheimer's OC? [bit.ly/EspanolOutreachForm](https://bit.ly/EspanolOutreachForm)

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

# CLASS CALENDAR

Stay up to date on all of our education classes and  
Support Group offerings by visiting:  
[alzoc.org/ed-calendar/](http://alzoc.org/ed-calendar/) & [alzoc.org/support-groups/](http://alzoc.org/support-groups/)

## January 2023

Jan 09	10:30 am - 11:30 am	Zoom Español: Cuidando a la Cuidadora (Virtual)
Jan 10	11:30 am - 12:30 pm	Monthly Webinar: Becoming A Resilient Care Partner (Virtual)
Jan 11	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 1 of 3 (Virtual)
Jan 11	1:00 pm - 2:30 pm	Caring Conversations: A New Way of Talking (In-Person)
Jan 11	1:30 pm - 3:00 pm	Living Well with Early Memory Loss: Session 1 of 3 (Virtual)
Jan 18	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 2 of 3 (Virtual)
Jan 18	1:00 pm - 2:30 pm	Understanding & Responding to Your Loved One's Distress (In-Person)
Jan 18	1:30 pm - 3:00 pm	Living Well with Early Memory Loss: Session 2 of 3 (Virtual)
Jan 25	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 3 of 3 (Virtual)
Jan 25	1:00 pm - 2:30 pm	Meaningful Time Together: Tips for Activities & Assisting w/Care (In-Person)
Jan 25	1:30 pm - 3:00 pm	Living Well with Early Memory Loss: Session 3 of 3 (Virtual)
Jan 30	12:00 pm - 1:00 pm	Mind your Brain: Strategies for Cognitive Strength at any Age (Virtual)

## February 2023

Feb 06	10:30 am - 11:30 am	Zoom en Español: Actividades que Reconfortan (Virtual)
Feb 06	12:00 pm - 1:00 pm	Brain Boot Camp: Session 1 of 2 (Virtual)
Feb 07	10:00 am - 11:30 am	Caring Conversations: A New Way of Talking (Virtual)
Feb 08	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 1 of 3 (Virtual)
Feb 14	11:30 am - 12:30 pm	Monthly Webinar: Sundowning Syndrome in Dementia (Virtual)
Feb 15	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 2 of 3 (Virtual)
Feb 16	10:00 am - 11:30 am	The Importance of Sleep for Cognition (Virtual)
Feb 21	10:00 am - 11:30 am	Understanding and Responding to Your Loved One's Distress (Virtual)
Feb 22	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 3 of 3
Feb 27	12:00 pm - 1:00 pm	Brain Boot Camp: Session 2 of 2 (Virtual)
Feb 28	10:00 am - 11:30 am	Meaningful Time Together: Tips for Activities & Assisting with Care (Virtual)

## March 2023

Mar 06	10:30 am - 11:30 am	Zoom en Español: La Resiliencia de la Cuidadora (Virtual)
Mar 07	10:00 am - 11:30 am	Caring Conversations: A New Way of Talking (Virtual)
Mar 08	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 1 of 3 (Virtual)
Mar 08	1:30 pm - 3:00 pm	Living Well with Early Memory Loss: Session 1 of 3 (Virtual)
Mar 14	11:30 am - 12:30 pm	Monthly Webinar: Hoarding in Older Adults (Virtual)
Mar 15	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 2 of 3 (Virtual)
Mar 15	1:30 pm - 3:00 pm	Living Well with Early Memory Loss: Session 2 of 3 (Virtual) (In-Person)
Mar 16	2:00 pm - 3:00 pm	Breaking Through the Taboo - How do you know when an older loved one needs help?
Mar 21	10:00 am - 11:30 am	Understanding and Responding to Your Loved One's Distress (Virtual)
Mar 22	10:00 am - 12:00 pm	Savvy Caregiver Express: Session 3 of 3 (Virtual)
Mar 22	1:30 pm - 3:00 pm	Living Well with Early Memory Loss: Session 3 of 3 (Virtual)
Mar 27	12:00 pm - 1:00 pm	Sharpen Your Mind! Memory Tips and Teasers (Virtual)
Mar 28	10:00 am - 11:30 am	Meaningful Time Together: Tips for Activities & Assisting with Care (Virtual)