

EDUCATION CALENDAR

April - June 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/

MEMORY SUPPORT SERVICES

A Program of
Alzheimer's Orange County

Special Topics: Open to All Attendees

Cognitive Decline: Typical vs MCI vs Dementia (Virtual)

June 5 | 9:00 am | bit.ly/BHZoomJune052023

(Pre-registration Required)

Is it normal? Or something else? Find out in this special educational event with Dr. Kent Peppard! Kent Peppard, Ph.D. is a licensed clinical psychologist who specializes in the assessment of memory and neurocognitive disorders such as Mild Cognitive Impairment (MCI) and various types and causes of dementia.

UCI Dementia Care Aware ECHO Series: AlzOC Presenting Special Topics

Come join these and other online webinars hosted by University of California, Irvine. **Fridays @ 12:00 - 1:00 PM.** Email learn@alzoc.org for link.

How to Engage and Inform Caregivers About Cognitive Impairment April 7

Review of Community Resources and Respite Care April 14

Dementia Friendly Communication Strategies May 5

Monthly Educational 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!

Chronic Mental Illness and Dementia April 11 | bit.ly/3Yo1NAE

The Other Dementias: A Look Under the Umbrella May 9 | bit.ly/40qhWav

Understanding Hoarding Behaviors in Older Adults June 13 | bit.ly/3juNVWp

MindFit OC: Brain Health and Memory Training Classes

Open to all!

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)

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!

April 24 | 2:00 pm - 3:00 pm |

The Susi Q Center

380 3rd Street

Laguna Beach, CA 92651

To register: [Call 949-715-8105](tel:949-715-8105)

April 25 | 10:30 am - 11:30 pm |

Norman P. Murray Community & Senior Center

24932 Veterans Way

Mission Viejo, CA 92692

To register: [Call 949-470-3062](tel:949-470-3062)

Brain Boot Camp: 2 Wk Series (Virtual)

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.

 UCLA Longevity Center

Register Once for Both Classes:

bit.ly/BHMay152023

May 15 | 12:00 pm - 1:00 pm |

May 22 | 12:00 pm - 1:00 pm |

Co-hosted by:



6 Pillars of Brain Health (In-Person)

Health education program that identifies six pillars of brain health, reviews age-related changes in memory and learning, explores possible risks and threats to brain health, and outlines practical steps to protect brain health and lower risk of cognitive decline.

June 6 | 10:30 am - 11:30 pm |

Orange Senior Center

170 S Olive St, Orange, CA 92866

NO RSVP, Attendees must be 60+

Co-hosted by:



Mind Your Brain: Strategies for Cognitive Strength at any Age (In-Person)

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.

June 19 | 1:00 pm - 2:00 pm |

Norman P. Murray Community & Senior Center

24932 Veterans Way

Mission Viejo, CA 92692

To register: [Call 949-470-3062](tel:949-470-3062)

June 21 | 2:00 pm - 3:00 pm |

The Susi Q Center

380 3rd Street

Laguna Beach, CA 92651

To register: [Call 949-715-8105](tel:949-715-8105)

Family Care Partner Strategies Series

For family & friend caregivers of individuals with cognitive changes.

Sign up for all three of our series of classes.
Preregistration is required.

**Held on Tuesdays from
10:00 am to 11:30 am**

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!

April 11 | In-Person |
To register: call 949-644-3244



OASIS Senior Center
801 Narcissus Ave, Corona Del Mar, CA 92625

May 2 | Virtual | bit.ly/CPWMay022023

June 6 | Virtual | bit.ly/CPWJune062023

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.

April 18 | In-Person |
To register: call 949-644-3244



OASIS Senior Center
801 Narcissus Ave, Corona Del Mar, CA 92625

May 16 | Virtual | bit.ly/CPWMay162023

June 20 | Virtual | bit.ly/CPWJune202023

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.

April 25 | In-Person |
To register: call 949-644-3244



OASIS Senior Center
801 Narcissus Ave, Corona Del Mar, CA 92625

May 23 | Virtual | bit.ly/CPWMay232023

June 27 | Virtual | bit.ly/CPWJune272023

For a listing of our 30+ support groups please visit: alzoc.org/support-groups/

CLASSES FOR CARE PARTNERS

For family & friend caregivers of individuals with cognitive changes.

Easing the Stress of the Family Care Partner



Clues For Decision Making (Virtual)

How do I decide? Becoming the primary decision maker for a loved one can be a daunting task. Join us as we explore what goes into making major decisions from driving to considering when is the right time to increase care.

April 27 | 10:00 am - 11:00 am

To Register: bit.ly/CPWApr272023

June 26 | 10:00 am - 11:00 am

To Register: bit.ly/CPWJune262023

Staging Cognitive Decline (Virtual)

What stage is my loved one at? Understanding more about the stages of Alzheimer's disease and what to expect can help us provide better support to meet our loved ones' needs. Please join us as we look into the different staging scales and what this means we can expect (or not expect!).

May 25 | 10:00 am - 11:00 am

To Register: bit.ly/CPWMay252023

Understanding & Responding to Changes in Behavior Expressions (Virtual)

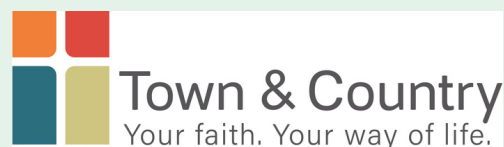
April 6 | 1:00 pm - 2:00 pm | bit.ly/CPWApr062023

Communication Barriers: Getting Past the Words (Virtual)

April 13 | 1:00 pm - 2:00 pm | bit.ly/CPWApr132023

Becoming a Resilient Care Partner (Virtual)

April 20 | 10:00 am - 11:00 am | bit.ly/CPWApr202023



"I Need a Break!" Respite Care Guide for Care Partners (In-Person)

Everyone needs a break. Attendees will learn about the different kinds of respite care services and have a better understanding of which respite care to utilize for their needs.

May 30 | In-Person | 10:30 am - 11:30 am

To register: call 949-470-3062

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



For a listing of our 30+ support groups please visit: alzoc.org/support-groups/

Health Talks and Alzheimer's Updates with Dr. Trinh

Dr. Trinh is a medical missionary and well-known expert training others on evidence based healthy brain strategies, preventive health and wellness, inflammation, ketosis, and intermittent fasting.

Online and In-Person

For Spring dates, times, and locations, visit:

www.facebook.com/pg/trinhhealth/events

Sponsored by:



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 ZOOM | 10:30 AM



3 de Abr Zonas Azules- donde viven vidas más largas y felices

1 de May Necesidades nutricionales que cambian con la edad

5 de Jun Que es la Perdida de la Memoria

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

Síguenos en Facebook <https://www.facebook.com/AlzOCEspanol/>

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

Si esta interesado en estas clases o grupos de apoyo, llame a 949-757-3755 o manda un correo electronico a spanish.info@alzoc.org



CLASS CALENDAR

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

April 2023

April 03	10:30 am - 11:30 am	Zoom Live en Español: Zonas Azules - donde viven vidas más largas y felices (Virtual)
April 06	1:00 pm - 2:00 pm	Understanding and Responding to Changes in Behavior Expressions (Virtual)
April 07	12:00 pm - 1:00 pm	UCI ECHO Series: How to Engage & Inform Caregivers About Cognitive Impairment (Virtual)
April 11	10:00 am - 11:30 am	Caring Conversations: A New Way of Talking (In Person - OASIS)
April 11	11:30 am - 12:30 pm	Monthly Webinar: Chronic Mental Illness and Dementia (Virtual)
April 13	1:00 pm - 2:00 pm	Communication Barriers: Getting Past the Words (Virtual)
April 14	12:00 pm - 1:00 pm	UCI ECHO Series: Review of Community Resources & Respite Care (Virtual)
April 18	10:00 am - 11:30 am	Understanding & Responding to your Loved One's Distress (In Person - OASIS)
April 20	10:00 am - 11:00 am	Becoming a Resilient Care Partner (Virtual)
April 24	2:00 pm - 3:00 pm	Sharpen Your Mind! (In Person - Susi Q)
April 25	10:00 am - 11:30 am	Meaningful Time Together (In Person - OASIS)
April 25	10:30 am - 11:30 am	Sharpen Your Mind! (In Person - Norman P. Murray)
April 27	10:00 am - 11:00 am	Clues for Decision Making (Virtual)

May 2023

May 01	10:30 am - 11:30 am	Zoom Live en Español: Necesidades nutricionales que cambian con la edad (Virtual)
May 02	10:00 am - 11:30 am	Caring Conversations: A New Way of Talking (Virtual)
May 05	12:00 pm - 1:00 pm	UCI ECHO Series: Dementia Friendly Communication Strategies (Virtual)
May 09	11:30 am - 12:30 pm	Monthly Webinar: The Other Dementias: A Look Under the Umbrella (Virtual)
May 15	12:00 pm - 1:00 pm	Brain Boot Camp: Session 1 of 2 (Virtual)
May 16	10:00 am - 11:30 am	Understanding & Responding to your Loved One's Distress (Virtual)
May 22	12:00 pm - 1:00 pm	Brain Boot Camp: Session 2 of 2 (Virtual)
May 23	10:00 am - 11:30 am	Meaningful Time Together (Virtual)
May 25	10:00 am - 11:00 am	Staging Cognitive Decline (Virtual)
May 30	10:30 am - 11:30 am	"I Need A Break!" Respite Care Guide for Care Partners (In Person - Norman P. Murray)

June 2023

June 05	9:00 am - 10:00 am	Cognitive Decline: Typical vs MCI vs Dementia (Virtual)
June 05	10:30 am - 11:30 am	Zoom Live en Español: Que es la Perdida de la Memoria
June 06	10:00 am - 11:30 am	Caring Conversations: A New Way of Talking (Virtual)
June 06	10:30 am - 11:30 am	6 Pillars of Brain Health (In Person - Orange Senior Center, No RSVP must be 60+)
June 13	11:30 am - 12:30 pm	Monthly Webinar: Understanding Hoarding Behaviors in Older Adults (Virtual)
June 19	1:00 pm - 2:00 pm	Mind Your Brain (In Person - Norman P. Murray)
June 20	10:00 am - 11:30 am	Understanding & Responding to your Loved One's Distress (Virtual)
June 21	2:00 pm - 3:00 pm	Mind Your Brain (In Person - Susi Q)
June 26	10:00 am - 11:00 am	Clues for Decision Making (Virtual)
June 27	10:00 am - 11:30 am	Meaningful Time Together (Virtual)