

# EDUCATION CALENDAR

March 2024



## COMMUNITY EDUCATION FOR ALL

**MARCH 1 | 12:30 PM - 1:30 PM**

### Warning Signs vs. Normal Aging

**IN-PERSON** YORBA LINDA COMMUNITY CENTER

Is it normal or something else? Come and find out in this informative session! As we age, our body and brain go through changes that may affect our learning and problem solving, recall, vision, hearing, and mobility. In this class, attendees will learn what changes are normal and what may warrant further evaluation.

Register: <https://bit.ly/GEMar012024>

### WEBINAR

**MARCH 12 | 11:30 AM - 12:30 PM**

### Sexual Expression and Dementia

**ONLINE - ZOOM**

Learn how to navigate the complex topic of sexuality and dementia with empathy and communication skills. This course delves into the impact on intimate relationships, offering tools to address issues surrounding sexual expression. Participants will gain insights into the effects of dementia on sexuality, dispel myths, and learn strategies for compassionate conversations. One (1) CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS

Register: <https://bit.ly/WebinarMarch2024>



**MARCH 27 | 11:00 AM - 12:00 PM**

### End-Of-Life Doulas: Empowering the End-of-Life Journey

**ONLINE - ZOOM**

Join us for an enlightening webinar that delves into the profound and compassionate role of End-of-Life Doulas. In this course, participants will gain a comprehensive understanding of the responsibilities, skills, and empathetic approach required to support individuals and their families during the final stages of life.

Register: <https://bit.ly/March272024>



## CARE STRATEGIES

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### (FOR CARE PARTNERS ONLY)

**MARCH 5 | 10:00 AM – 11:30 AM**

### Supporting Loved Ones with Dementia: Near or Far

ONLINE - ZOOM

Supporting a loved one with dementia goes beyond physical presence. This class provides insights and strategies for effective care, offering encouragement and guidance, whether you're close or far away.

Register: <https://bit.ly/CPWMar052024>

**MARCH 19 | 10:00 AM - 11:30 AM**

### Understanding Sleep Changes

ONLINE - ZOOM

This presentation explores the common sleep changes experienced by those living with dementia, and offers practical strategies for carepartners to understand and address these issues.

Register: <https://bit.ly/CPMar192024>

**MARCH 26 | 10:00 AM - 11:30 AM**

### Understanding Emotional Changes

ONLINE - ZOOM

Explore the emotional impact of dementia from diagnosis to late stages. Dr. Miriam Galindo, an AlzOC volunteer and former care partner, discusses how changes in the brain affect emotional responses, leading to challenges for both individuals with dementia and their caregivers.

Register: <https://bit.ly/CPWMar262024>



## BRAIN HEALTH

**MARCH 6 | 10:00 AM - 11:00 AM**

### Mind Your Brain: Cognitive Strength at Any Age

IN-PERSON OASIS SENIOR CENTER | CORONA DEL MAR

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.

RSVP: 949-644-3244

**MARCH 19 | 2:00 PM - 3:00 PM**

### The Importance of Sleep for Cognition

IN-PERSON ANAHEIM PUBLIC LIBRARY

A presentation focusing on 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. Thank you to our co-host.

Register: <https://bit.ly/BHMar192024>



**MARCH 20 | 2:00 PM - 3:00 PM**

### Nutrition for a Healthier Mind

IN-PERSON LAGUNA BEACH COMMUNITY AND SUSI Q CENTER

A discussion of age-related changes in memory and learning and how nutrition and diet impact your cognitive health. Learn what foods you should eat and what foods you should avoid for a healthier brain and body.

Register: <https://bit.ly/BHMar202024>

## HEALTH TALKS WITH DR. TRINH

**MARCH 21 | 10:00 AM - 11:00 AM**

### Sharpen Your Mind: Memory Tips and Teasers

**IN-PERSON** BUENA PARK SENIOR CENTER

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!

RSVP: 714-236-3870

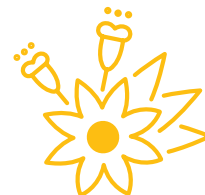


Dr. Trinh is a medical missionary and well-known expert training others on evidence based healthy brain strategies, preventive health and wellness, inflammation, ketosis, and intermittent fasting.

**ONLINE** **IN-PERSON**

For dates, times, and locations, visit:  
[www.facebook.com/pg/trinhhealth/events](https://www.facebook.com/pg/trinhhealth/events)

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## PLANNING

**MARCH 14 | 10:00 AM - 11:00 AM**

### Legal & Financial Considerations in Dementia Care

**IN-PERSON** FULLERTON COMMUNITY CENTER

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.

RSVP: 714-738-6575



## ADDITIONAL SUPPORT

### Memory University - Early Stage Education & Support

Six-week in-person group for individuals with mild memory loss and their care partners. Topics include medications, coping techniques, family and social relationships, community resources, and future planning.

### Connect2Culture® (C2C): Weekly Social Activities

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 others like them.

For more information please contact:  
Kim Bailey, MSG  
[kim.bailey@alzoc.org](mailto:kim.bailey@alzoc.org) or call 844-373-4400

## EVENTOS EN ESPAÑOL

**4 DE MARZO | 10:30 AM - 11:30 AM**

### La Diabetes, La Presión Alta: Cómo afectan a la memoria

**ONLINE - ZOOM**

Únete a la clase: <https://us06web.zoom.us/j/94604768060>  
946 0476 8060

**Aprende más:**

949-757-3755 | [spanish.info@alzoc.org](mailto:spanish.info@alzoc.org)

## SUPPORT GROUPS

Connect, share, and find understanding with others. Available online, in person and in multiple languages.

Learn more: [www.alzoc.org/support](https://www.alzoc.org/support).

## CLASSES CALENDAR

Stay up to date on all of our educational classes: [WWW.ALZOC.ORG/ED-CALENDAR](http://WWW.ALZOC.ORG/ED-CALENDAR)

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■ Community Education For All ■ Webinars ■ Care Strategies ■ Brain Health ■ Eventos en Español ■ Planning

Thank you to  
our sponsor!



### Continuing to care, one step at a time

Join us on Saturday, March 23 for a day of unity, hope, and community support at Angel Stadium for Walk4ALZ 2024. Enjoy live music, delicious food and other major upgrades that will bring this year's walk to a whole new level. Sign up and start fundraising to be part of Orange County's movement against Alzheimer's today.

[www.alzoc.org/walk](http://www.alzoc.org/walk)