

# EDUCATION CALENDAR

April 2024



## COMMUNITY EDUCATION FOR ALL

**APRIL 9 | 11:30 AM - 12:30 PM**

### **Webinar: Exercise as Medicine for Brain Health**

**ONLINE - ZOOM**

Explore the connection between exercise and cognitive function. Learn how physical activity positively influences brain health and discover evidence-based approaches to incorporate exercise into daily life for enhanced mental well-being. Gain the knowledge to define exercise's role in cognitive enhancement, discuss empirical evidence supporting its benefits, and learn how to create personalized exercise plans to optimize cognitive function across diverse populations. One (1) CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS

Register: <https://bit.ly/WebinarApril2024>



**APRIL 10 | 10:00 AM - 11:00 AM**

### **Warning Signs vs. Normal Aging**

**IN-PERSON**

NORMAN P. MURRAY COMMUNITY AND  
SENIOR CENTER, MISSION VIEJO

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/GEApr102024>

**APRIL 24 | 11:00 AM - 12:00 PM**

### **Clarifying Goals of Care for Individuals Living with Dementia**

**ONLINE - ZOOM**

Recognizing dementia as the primary diagnosis in healthcare allows for a holistic and person-centered approach, acknowledging the profound influence of cognitive impairment on overall well-being. This workshop advocates for organizing care around the dementia diagnosis to ensure comprehensive and tailored interventions that address both the cognitive challenges and associated health issues, fostering a more effective and empathetic healthcare framework.

Register: <https://bit.ly/GEApril242024>

## CARE STRATEGIES

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### (FOR CARE PARTNERS ONLY)

**APRIL 2 | 10:00 AM - 11:30 AM**

#### Meaningful Activities

ONLINE - ZOOM

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.

Register: <https://bit.ly/CEApril2-2024>



**APRIL 16 | 10:00 AM - 11:30 AM**

#### Address Distress with Compassion

ONLINE - ZOOM

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: <https://bit.ly/CPWApr162024>

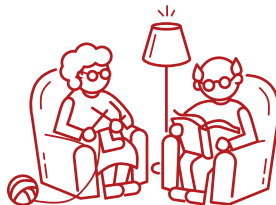
**APRIL 23 | 10:00 AM - 11:30 AM**

#### Caring Conversations

ONLINE - ZOOM

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!

Register: [info:https://bit.ly/CEApril23-2024](https://bit.ly/CEApril23-2024)



## BRAIN HEALTH

**APRIL 16 & APRIL 23 | 2:00 PM - 3:30 PM**

#### Brain Boot Camp Sessions

ONLINE - ZOOM

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:

Session 1 - April 16th and

Session 2 - April 23rd

THANK YOU TO OUR CO-HOST.



Register: <https://bit.ly/BHApr162024>

**APRIL 17 | 10:00 AM - 11:00 AM**

#### The Importance of Sleep for Cognition

IN-PERSON FULLERTON COMMUNITY CENTER

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/BHApr172024>

**APRIL 26 | 12:30 PM - 1:30 PM**

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

IN-PERSON YORBA LINDA COMMUNITY CENTER

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.

Register: <https://bit.ly/BHApr262024>



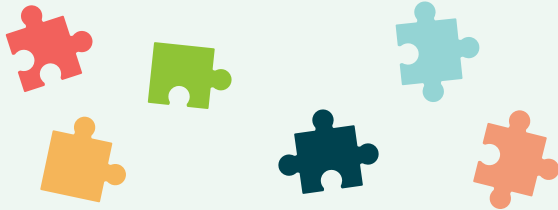
**APRIL 30 | 9:00 AM - 10:00 AM**

## **Sharpen Your Mind: Memory Tips and Teasers**

**IN-PERSON** WESTMINSTER 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!

Register: <https://bit.ly/BHApr302024>



### **PLANNING**

**APRIL 18 | 10:00 AM - 11:00 AM**

## **Are you Good to Go? Advance Care Planning**

**IN-PERSON** BUENA PARK COMMUNITY CENTER

Join us for an in-person conversation on the information everyone should know about Advance Care Planning. In addition to covering the specifics of how to put care plans in place, we will also explore how to have important conversations with your loved ones, necessary to ensure they know your wishes in the event of serious or terminal illness.

Register: <https://bit.ly/ACPApr182024>

### **EVENTOS EN ESPAÑOL**

**4 DE ABRIL | 10:30 AM - 11:15 AM**

## **¿Qué es la Pérdida de la Memoria?**

**ONLINE - ZOOM**

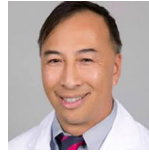
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[us/j/9460476806094604768060](https://us06web.zoom.us/j/9460476806094604768060)

Aprende más:

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

### **HEALTH TALKS 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** **IN-PERSON**

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

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### **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

### **SUPPORT GROUPS**

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

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

### APRIL 2024

APRIL 2 | 10:00 AM - 11:30 AM: **Meaningful Conversations** ONLINE

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APRIL 23 | 2:00 PM - 3:30 PM: **Brain Boot Camp Session 2 of 2** ONLINE

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■ Community Education For All ■ Care Strategies ■ Brain Health ■ Planning

Thank you to  
our sponsor!



### Swing for a Cause

Join us at Arroyo Trabuco Golf Club on Friday, May 17, for our annual golf tournament. Golfers can enjoy one of Orange County's favorite courses, and anyone can savor the evening gourmet dinner or purchase tickets for the Golf Ball Drop for a chance to win a grand prize.

**LEARN MORE:** [www.alzoc.org/golf](http://www.alzoc.org/golf)