

# EDUCATION CALENDAR



Free classes to help you learn more about brain health, memory loss, caregiving, healthy aging and other related topics. Registration is required to attend. Sign up and stay up to date with all our classes:

[www.alzoc.org/ed-calendar](http://www.alzoc.org/ed-calendar)

## COMMUNITY EDUCATION FOR ALL

### Warning Signs or Normal Aging?

**MAY 7 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Call (714) 547-7581 to RSVP

Discern between normal aging changes and potential concerns affecting learning, problem-solving, recall, vision, hearing, and mobility in this informative session.

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Your faith. Your way of life.  Caring  
Companions At Home

### Webinar: Posterior Cortical Atrophy: An Atypical Form of Alzheimer's Disease

**MAY 8 | 9:30 AM – 10:30 AM**

**ONLINE - ZOOM**

Explore the complexities of Posterior Cortical Atrophy (PCA), including its clinical manifestations, diagnostic challenges, and management strategies, enhancing participants' understanding of its impact and the reasons behind its frequent underdiagnosis.

### Webinar: Cultural Awareness in Dementia Care

**MAY 14 | 11:30 AM – 12:30 PM**

**ONLINE - ZOOM**

This course equips participants with the ability to understand and navigate cultural nuances in dementia care, enabling them to communicate effectively, develop strategies, and implement culturally sensitive approaches to provide person-centered care. One CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS.

### Dispelling Common Myths about Dementia

**MAY 21 | 2:00 PM - 3:00 PM**

**ONLINE - ZOOM**

**MAY 30 | 10:00 AM - 11:00 AM**

**IN-PERSON** BUENA PARK SENIOR CENTER

Join us to debunk common myths surrounding Alzheimer's disease and other types of dementia, separating fact from fiction.

### Caring for a Parent That Did Not Care For You

**MAY 29 | 11:00 AM – 12:00 PM**

**ONLINE - ZOOM**

Explore the emotional and practical challenges of caring for parents who may not have reciprocated the same level of care in the past, gaining insights and strategies to navigate complex emotions, set boundaries, and prioritize self-care while providing compassionate support.



## COMMUNITY EDUCATION FOR ALL

### Dementia 101

**JUNE 18 | 2:00 PM - 3:00 PM**

**IN-PERSON** ANAHEIM PUBLIC LIBRARY

Join us to differentiate between normal aging and early symptoms of dementia, understanding that not all dementia is Alzheimer's disease, which is crucial for effective planning, management, and prognosis.

### Home Safety 101

**JUNE 20 | 10:00 AM - 11:00 AM**

**IN-PERSON** BUENA PARK SENIOR CENTER

Call 714-236-3870 to RSVP

Learn essential tips for home safety, covering common hazards, accident prevention, and addressing other safety concerns within the household.

## CARE STRATEGIES (FOR CARE PARTNERS ONLY)

### Shedding Light on Sundowning

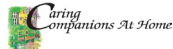
**MAY 21 | 10:00 AM - 11:30 AM**

**ONLINE - ZOOM**

Call (714) 547-7581 to RSVP

Join us to discuss the causes of sundowning, a common late-day confusion in individuals with cognitive changes and explore proactive strategies to mitigate its effects.

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### Let's Go to the Spa! Assistance with Bathing

**MAY 28 | 10:00 AM - 11:00 AM**

**ONLINE - ZOOM**

Explore helpful strategies and tips for assisting loved ones with cognitive changes during bathing, aiming to make this activity more positive and less stressful for both caregivers and their loved ones.

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### Managing Caregiver Stress

**JUNE 4 | 10:00 AM - 11:30 AM**

**ONLINE - ZOOM**

Discover strategies for developing resilience and managing burnout while caring for someone with memory loss, acknowledging the rewarding yet challenging nature of this role and the importance of recognizing when to seek assistance.

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### Dementia Basics: Who, Why and What to Expect

**JUNE 8 | 9:00 AM - 11:00 AM**

**IN-PERSON** MOUNT OF OLIVES, MISSION VIEJO

Learn essential topics such as distinguishing dementia from Alzheimer's, improving communication with individuals with dementia, handling resistance to care, and addressing challenging issues faced by caregivers.

### A Caregiver's Journey: My Three Lessons

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

**IN-PERSON** OASIS SENIOR CENTER, CORONA DEL MAR

Join our conversation with Ben Allen, former care partner and educator for AlzOC, as he shares valuable insights from his caregiving journey and provides practical tips for friends and family supporting loved ones with memory loss and cognitive changes.

### Adjusting to Life After Caregiving

**JUNE 18 | 10:00 AM - 11:30 AM**

**ONLINE - ZOOM**

Learn strategies for reorienting yourself after caregiving ends, navigating the complex emotions of grief and relief, and finding purpose in this class.

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### Home Safety for Care Partners

**JUNE 25 | 10:00 AM - 11:30 AM**

**ONLINE - ZOOM**

Discover practical strategies for creating a secure, comfortable environment, including minimizing hazards, maximizing independence, and fostering a calming atmosphere to reduce confusion.

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## COMMUNITY EDUCATION FOR ALL

### Webinar: Hearing Loss and Dementia in Older Adults

JUNE 11 | 11:30 AM - 12:30 PM

ONLINE - ZOOM

Dive into the intricate relationship between hearing loss and dementia in older adults, explore physiological and cognitive mechanisms, and learn insights into early detection, intervention, and strategies to improve quality of life for participant. One CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS.

### Webinar: Resistance vs Resiliency in Dementia Care

JUNE 26 | 11:00 AM - 12:00 PM

ONLINE - ZOOM

Join us to explore the intricate dynamics of resistance and resiliency in dementia care, gaining valuable insights to enhance your skills and confidence in providing compassionate and effective care for individuals living with dementia.

## 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

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



## EVENTOS EN ESPAÑOL

6 DE MAYO | 10:30 AM - 11:15 AM

Cómo entender a una persona con Alzheimer: Comunicación compasiva y como manejar el comportamiento

3 DE JUNIO | 10:30 AM - 11:15 AM

Actividades que reconfortan

ONLINE - ZOOM

Únete a la clase: <https://us06web.zoom.us/j/9460476806094604768060>

Aprende más:

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

## BRAIN HEALTH

### The Role of Physical & Mental Exercise for Brain Health

MAY 8 | 10:00 AM - 11:00 AM

IN-PERSON FULLERTON COMMUNITY CENTER

Discover the significant impact of staying active and engaged on brain health and memory. Even small changes can yield notable benefits.

Call (714) 738-6575 to RSVP

### Sharpen Your Mind! Memory Tips & Teasers

MAY 17 | 12:30 PM - 1:30 PM

IN-PERSON YORBA LINDA COMMUNITY CENTER

Call 714-961-7181 to RSVP

JUNE 13 | 10:00 AM - 11:00 AM

IN-PERSON SEA COUNTRY SENIOR & COMMUNITY CENTER, LAGUNA NIGUEL

Call 949-425-5151 to RSVP

Join this engaging session to discover strategies for enhancing memory and optimizing brain health through interactive activities and challenges.

### Nutrition for a Healthier Mind

JUNE 19 | 10:00 AM - 11:00 AM

IN-PERSON FULLERTON COMMUNITY CENTER

Call (714) 738-6575 to RSVP

Explore how age-related memory and learning changes are influenced by nutrition and diet, discovering which foods to incorporate and avoid for better cognitive health and overall well-being.

## PLANNING

### Are You "Good to Go"? Advance Care Planning

JUNE 21 | 12:30 - 1:30 PM

IN-PERSON YORBA LINDA COMMUNITY CENTER

Call 714-961-7181 to RSVP

Receive guidance in initiating vital conversations with loved ones to ensure your wishes are understood and honored in the event of serious illness, offering peace of mind for you and your family.



## Adult Day Centers: Enriching Lives, Supporting Caregivers

Our adult day programs provide compassionate care and engaging activities for individuals with memory loss and others requiring daytime assistance in a social setting that enhances well-being and gives caregivers a break.

**Healthy Aging  
Center: Acacia**  
(Garden Grove)  
(714) 530-1566

**Healthy Aging  
Center: Laguna Woods**  
(Laguna Woods)  
(949) 855-9444

**The Social Connection**  
(Leisure World  
Seal Beach)  
(949) 293-7326

### SPECIAL EVENT

#### Curbing Financial Elder Abuse: A National and Local Perspective

**JUNE 14 | 10:00 AM - 12:00 PM** **ONLINE - ZOOM**

Join us for the annual World Elder Abuse Awareness Day Conference, featuring presentations by FBI Supervisory Special Agent Bret Chobbot and Special Agent Daniel Clift, along with insights from Orange County's District Attorney's Office, Anaheim Police Department, and mental health professionals. Gain valuable knowledge on identifying and reporting scams, understanding scam methods, and providing resources to affected individuals.

Two CE Credit Hours Offered: RCFE, BRN, CAMFT/BBS



### SUPPORT GROUPS



You are not alone. Connect, share, and find understanding with others in one of our many support groups. Available online, in person and in multiple languages.

To become a support group facilitator, contact [pamela.austing@alzoc.org](mailto:pamela.austing@alzoc.org) to learn more about how you can become a part of our team. Training will be provided. Reflective skills required.