

community education

January - March 2014



education calendar

Class/event	Date/Time	Location
<p>The Basics: An Orientation to Dementia & Memory Loss An orientation class designed specifically for families and caregivers who are new to living with and caring for someone with memory loss, dementia or Alzheimer's. Following a 60 minute presentation, this class offers attendees an opportunity to ask questions of the professionals, get connected to community resources and begin planning for the future.</p>	<p>Thursday, January 2 10:00am-11:30am</p>	<p>Alzheimer's Association Education Room 6632 Convoy Court San Diego, CA 92111 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Know the 10 Signs: Early Detection Matters Learn the difference between normal aging and the warning signs for Alzheimer's, the benefits of early detection and what to do if you or your loved one receives a diagnosis of dementia.</p>	<p>Wednesday, January 8 2:30pm-3:30pm</p>	<p>Scripps Ranch Community Recreation Center 11454 Blue Cypress Drive San Diego, CA 92131 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Addressing Behavior Through Compassionate Communication A class for families and caregivers to learn tips for effective communication and techniques for coping with behaviors such as wandering, shadowing, anxiety and agitation.</p>	<p>Thursday, January 9 1:00pm-3:00pm</p>	<p>Grossmont Health Care District Conference Room 9001 Wakarusa Street La Mesa, CA 91942 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Alzheimer's & Dementia: The Basics Gain a better understanding of memory loss, dementia and Alzheimer's through information on detection and risk factors, stages, medications and more!</p>	<p>Wednesday, January 15 3:00pm-4:00pm</p>	<p>Poway Adult Day Health Care Center 12250 Crosthwaite Circle Poway, CA 92064 Register: 800.272.3900 www.alz.org/sandiego</p>

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<p>Living with Alzheimer's For Caregivers: Middle stage 2 part series</p> <p>As Alzheimer's disease progresses, those who were care partners may need to become more hands-on caregivers. This 2-part series will present helpful strategies for providing safe, effective and comfortable care in the middle stage of Alzheimer's.</p>	<p>Thursday, January 16 Thursday, January 23 10:00am-12:00pm</p>	<p>Alzheimer's Association Education Room 6632 Convoy Court San Diego, CA 92111 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Legal & Financial Planning for Alzheimer's Dementia</p> <p>It is important to consider the legal and financial issues that arise when someone is living with memory loss or Alzheimer's. Learn directly from legal and financial professionals on getting the right paperwork in place for decision making and planning for the future.</p>	<p>Tuesday, January 21 10:00am-12:00pm</p>	<p>Glenner Center Encinitas 335 Saxony Road Encinitas, CA 92024 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Maximizing Your Brain Health</p> <p>The health of your brain plays a critical role in almost everything you do. Learn more about the things you can do to help keep your brain healthier as you age.</p>	<p>Wednesday, January 22 12:30pm-1:30pm</p>	<p>Mottino Family YMCA 4701 Mesa Drive Oceanside, CA 92056 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Conversations About Dementia</p> <p>When someone is showing signs of dementia, it's time to talk. This class is designed to help families talk openly about challenging and often uncomfortable topics surrounding Alzheimer's and dementia.</p>	<p>Wednesday, January 29 10:30am-11:30am</p>	<p>Alzheimer's Association Education Room 6632 Convoy Court San Diego, CA 92111 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Maximizing Your Brain Health</p> <p>The health of your brain plays a critical role in almost everything you do. Learn more about the things you can do to help keep your brain healthier as you age.</p>	<p>Tuesday, February 4 3:00pm-4:00pm</p>	<p>Encinitas Library – Study Room 540 Cornish Way Encinitas, CA 92024 Register: 800.272.3900 www.alz.org/sandiego</p>

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<p>Know the 10 Signs: Early Detection Matters Learn the difference between normal aging and the warning signs for Alzheimer's, the benefits of early detection and what to do if you or your loved one receives a diagnosis of dementia.</p>	<p>Friday, February 7 10:00am-11:00am</p>	<p>Sharp Coronado Hospital Sanderman Education Center 250 Prospect Place Coronado, CA 92118 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Living with Alzheimer's For Caregivers: Late Stage 2 Part Series This program offers an opportunity to learn about the late stage of Alzheimer's disease, and offers information about providing care, communicating, developing resources, working with your care team, and providing an optimal end of life experience.</p>	<p>Saturday, February 8 Saturday, February 15 10:00am-12:00pm</p>	<p>Alzheimer's Association Education Room 6632 Convoy Court San Diego, CA 92111 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Addressing Behavior Through Compassionate Communication A class for families and caregivers to learn tips for effective communication and techniques for coping with behaviors such as wandering, shadowing, anxiety and agitation.</p>	<p>Tuesday, February 11 10:00am-12:00pm</p>	<p>Alzheimer's Association Education Room 6632 Convoy Court San Diego, CA 92111 Register: 800.272.3900 www.alz.org/sandiego</p>

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<p>Maximizing Your Brain Health The health of your brain plays a critical role in almost everything you do. Learn more about the things you can do to help keep your brain healthier as you age.</p>	Thursday, February 13 12:45pm-1:45pm	<p>Jewish Family Services College Avenue 4855 College Avenue San Diego, CA 92115 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Driving & Dementia The ability to drive can represent independence and freedom but when safety becomes a concern, it can be a difficult conversation. Learn how to start the discussion about deciding when it may be time to hand over the keys and how to approach the topic in a sensitive way.</p>	Thursday, February 20 10:00am-11:15am	<p>Point Loma Library 3701 Voltaire Street San Diego, CA 92107 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Know the 10 Signs: Early Detection Matters Learn the difference between normal aging and the warning signs for Alzheimer's, the benefits of early detection and what to do if you or your loved one receives a diagnosis of dementia.</p>	Friday, February 21 9:30am-10:30am	<p>San Diego Public Library Central Library 330 Park Blvd. San Diego, CA 92101 (Validated parking, lower level) Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Alzheimer's & Dementia: The Basics Gain a better understanding of memory loss, dementia and Alzheimer's through information on detection and risk factors, stages, medications and more!</p>	Monday, February 24 1:00pm-2:00pm	<p>Rancho San Diego Public Library 11555 Via Rancho San Diego El Cajon, CA 92019 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Resources & Tools for Family Caregivers Family caregivers will learn about health and community resources, placement options, support groups and more.</p>	Tuesday, February 25 1:00pm-2:30pm	<p>Glenner Center Hillcrest 3702 Fourth Avenue San Diego, CA 92103 (Limited parking, metered street parking available) Register: 800.272.3900 www.alz.org/sandiego</p>

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<p>Driving & Dementia Losing the independence driving provides can be upsetting. It is important to acknowledge a person's feelings and preserve his or her independence, while ensuring the person's safety and the safety of others.</p>	Tuesday, March 4 6:00pm-7:30pm	<p>San Marcos Senior Center 111 Richmar Avenue San Marcos, CA 92069 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>The Basics: An Orientation to Dementia & Memory Loss An orientation class designed specifically for families and caregivers who are new to living with and caring for someone with memory loss, dementia or Alzheimer's. Following a 60 minute presentation, this class offers attendees an opportunity to ask questions of the professionals, get connected to community resources and begin planning for the future.</p>	Thursday, March 6 10:00am-12:00pm	<p>Alzheimer's Association Education Room 6632 Convoy Court San Diego, CA 92111 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Know the 10 Signs: Early Detection Matters Learn the difference between normal aging and the warning signs for Alzheimer's, the benefits of early detection and what to do if you or your loved one receives a diagnosis of dementia.</p>	Thursday, March 6 1:15pm-2:30pm	<p>San Diego Public Library Vista Branch 700 Eucalyptus Avenue Vista, CA 92084 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Maximizing Your Brain Health The health of your brain plays a critical role in almost everything you do. Learn more about the things you can do to help keep your brain healthier as you age.</p>	Tuesday, March 11 1:00pm-2:00pm	<p>Peninsula Family YMCA 4390 Valeta Street San Diego, CA 92107 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Addressing Behavior Through Compassionate Communication A class for families and caregivers to learn tips for effective communication and techniques for coping with behaviors such as wandering, shadowing, anxiety and agitation.</p>	Wednesday, March 12 10:00am-12:00pm	<p>Alzheimer's Association Education Room 6632 Convoy Court San Diego, CA 92111 Register: 800.272.3900 www.alz.org/sandiego</p>

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<p>Maximizing Your Brain Health The health of your brain plays a critical role in almost everything you do. Learn more about the things you can do to help keep your brain healthier as you age.</p>	<p>Thursday, March 20 10:00am-11:00am</p>	<p>Glenner Center Chula Vista Family Room 280 Saylor Drive Chula Vista, CA 91910 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Living with Alzheimer's For Caregivers: Middle stage 2 part series As Alzheimer's disease progresses, those who were care partners may need to become more hands-on caregivers. This 2-part series will present helpful strategies for providing safe, effective and comfortable care in the middle stage of Alzheimer's.</p>	<p>Monday, March 24 Monday, March 31 5:30pm-7:30pm</p>	<p>Alzheimer's Association Education Room 6632 Convoy Court San Diego, CA 92111 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Legal & Financial Planning for Alzheimer's Dementia It is important to consider the legal and financial issues that arise when someone is living with memory loss or Alzheimer's. Learn directly from legal and financial professionals on getting the right paperwork in place for decision making and planning for the future.</p>	<p>Wednesday, March 26 10:00am-12:00pm</p>	<p>San Diego East County Chamber of Commerce Board Room 201 South Magnolia Avenue El Cajon, CA 92020 Register: 800.272.3900 www.alz.org/sandiego</p>




Early Memory Loss Program

Join us for a 7-week educational support program for persons with early stage memory loss and their care partners.

Monday's: Jan 27th - Mar 17th 10am-12pm
Alzheimer's Association

Participants will learn about:

- Understanding Alzheimer's & memory loss
- Daily living strategies & coping skills
- Legal & financial information
- Maintaining social & family relationships
- Community resources
- Living a brain healthy life

Pre-registration is required. Please contact Kelly Anderson, MSW
858-966-3291 or kanderson@alz.org

Join us for **C.L.U.B!**



Enhancing quality of life for those affected by dementia

C.L.U.B. (Connections Laughter Unity Bonding) is a monthly social engagement program for persons in the middle stages of dementia and their care partner.

At C.L.U.B you will:

- Build friendships
- Stay active
- Give and receive support
- & most importantly...have fun!

C.L.U.B.
Connections. Laughter. Unity. Bonding.
alzheimer's association

For more information please contact Kelly Anderson, MSW
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