

community education

April - June 2014



education calendar

Class/event	Date/Time	Location
<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>Wednesday, April 2 1:00pm-2:00pm</p>	<p>JFS North County Inland Center Temple Adat Shalom 15905 Pomerado Road Poway, CA 92064 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>	<p>Thursday, April 3 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>Conversations About Dementia 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>Tuesday, April 8 10:00am-11:00am</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>Thursday, April 10 10:30am-11:30am</p>	<p>Stellar Care at Collwood Terrace Memory Care 4518 54th Street San Diego, CA 92115 Register: 800.272.3900 www.alz.org/sandiego</p>

Class/event	Date/Time	Location
<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>Wednesday, April 16 9:30am-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>Thursday, April 17 1:00pm-2:00pm</p>	<p>Lantern Crest Senior Living 11010 Sunset Trail Santee, CA 92071 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Driving & Dementia</p> <p>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>	<p>Friday, April 18 10:15am-11:15am</p>	<p>Coronado Public Library 640 Orange Avenue Coronado, CA 92118 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Living with Alzheimer's For Caregivers: Late Stage 2 Part Series</p> <p>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>Tuesday, April 22 & 29 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>Options For The Family Caregiver: When It's Time For More Help</p> <p>Family caregivers will learn about health and community resources, placement options, support groups and more.</p>	<p>Tuesday, April 22 3:00pm-4:00pm</p>	<p>Glenner Center Encinitas 335 Saxony Road 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>Thursday, April 24 11:00am-12:00pm</p>	<p>Imperial Beach Senior Center 1075 8th Street Imperial Beach, CA 91932 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>	<p>Friday, April 25 10:30am-11:30am</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>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, May 1 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>Lo Básico: La pérdida de memoria, la demencia y la enfermedad de alzheimer Un taller presentado por la Asociación de Alzheimer, para cualquier persona a quien le gustaría saber más sobre la enfermedad de Alzheimer y las demencias relacionadas.</p>	<p>Friday, May 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>First Aid for Families & Caregivers As presented by an Emergency Medical Technician (EMT). Participants will learn about basic first aid and safety, including what to do in the event of a medical emergency, how to help when there has been a fall and strategies to keep the home safe.</p>	<p>Monday, May 5 2:00pm-3:00pm</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>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>Tuesday, May 6 10:00am-11:00am</p>	<p>Belmont Village Cardiff-by-the-Sea 3535 Manchester Avenue Cardiff, CA 92007 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>Thursday, May 8 & 15 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>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, May 13 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>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>Friday, May 16 12:30pm-1:15pm</p>	<p>San Diego County Office of Education Communications Lab 6401 Linda Vista Road 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>Sunday, May 18 10:45am-12:15pm</p>	<p>St. Bartholomew's Episcopal Church 16275 Pomerado Road Poway, CA 92064 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>Monday, May 19 12:30pm-1:30pm</p>	<p>Magdalena-Ecke YMCA 200 Saxony Road Encinitas, CA 92024 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Options for the Family Caregiver; when it's time for more help Family caregivers will learn about health and community resources, placement options, support groups and more.</p>	<p>Tuesday, May 20 3:00pm-4:00pm</p>	<p>Glenner Center Chula Vista Living Room 280 Saylor Drive Chula Vista, CA 91910 Register: 800.272.3900 www.alz.org/sandiego</p>
<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>	<p>Wednesday, May 21 10:00am-11:30am</p>	<p>San Carlos United Methodist Church 6654 Cowles Mountain Blvd. San Diego, CA 92119 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, May 21 12:00pm-1:00pm</p>	<p>Point Loma Community Presbyterian Church 2128 Chatsworth Blvd. San Diego, CA 92107 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>Thursday, May 29 2:00pm-4:00pm</p>	<p>Oceanside San Luis Rey Valley Methodist Church 5570 Old Ranch Road Oceanside, CA 92057 Register: 800.272.3900 www.alz.org/sandiego</p>

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<p>First Aid for Families & Caregivers As presented by an Emergency Medical Technician (EMT). Participants will learn about basic first aid and safety, including what to do in the event of a medical emergency, how to help when there has been a fall and strategies to keep the home safe.</p>	<p>Monday, June 2 2:00pm-3:00pm</p>	<p>Alzheimer's Association Education Room 6632 Convoy Court San Diego, CA 92111 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>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>Wednesday, June 4 11:00am-12:00pm</p>	<p>JFS North County Inland Center Temple Adat Shalom 15905 Pomerado Road Poway, CA 92064 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>	<p>Thursday, June 5 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>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, June 10 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>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, June 13 10:30am-11:30am</p>	<p>Spring Valley Community Center 8735 Jamacha Blvd. Spring Valley, CA 91977 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>	<p>Tuesday, June 17 1:00pm-2:00pm</p>	<p>Glenner Center Hillcrest 3702 Fourth Avenue San Diego, CA 92103 <i>*limited on-street parking</i> 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>Thursday, June 19 3:00pm-4:00pm</p>	<p>Herrick Community Health Library 9001 Wakarusa Street La Mesa, CA 91942 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, June 21 & 28 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>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>Wednesday, June 25 11:00am-12:00pm</p>	<p>San Marcos Library 2 Civic Center Drive San Marcos, CA 92069 Register: 800.272.3900 www.alz.org/sandiego</p>
<p>Staying Safe and Maintaining Independence Participants will learn about steps to take to prevent falls, ensure a safe home environment, and reduce the risk of wandering. Participants will also be able to implement techniques of safe medication management, tips for safe travel and disaster preparedness.</p>	<p>Thursday, June 26 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>

the BASICS

An Orientation to Dementia & Memory Loss



Join us for a FREE orientation class designed specifically for families and care partners who are new to living with and caring for someone with memory loss, dementia or Alzheimer's

WHEN: 1st Thursday of the Month
10:00am - 11:30am

WHERE: Alzheimer's Association
6632 Convoy Court San Diego, CA 92111

Sign up today!
alz.org/sandiego or 800.272.3900

Join A Support Group Today!

Caregiver Support Groups are a free source of community strength to challenge the impact of Alzheimer's and related Dementia on our lives

Why Join a Support Group?

- Share common concerns
- Learn new coping strategies
- Trained & experienced facilitators
- Develop new relationships & friendships
- Expand your resources

How do I learn more & find a group near me?

There are more than 30 Alzheimer's Association Support Groups in San Diego County

For a complete listing of times & locations please visit the Support Groups page at www.alz.org/sandiego or call us at 858-966-3293

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