

October - December 2024

All classes are FREE. To learn more visit www.alzsd.org/classes or call 858.492.4400. Pre-registration is required. Be sure to check out our online education calendar for additions and updates.



Getting Started – Open to all attendees

Dementia 101

An introduction to Alzheimer’s disease and other dementias. Learn information about risk factors, common symptoms, and resources for help.

Friday, November 8th 10 - 11:30 AM ■ Scripps Miramar Ranch Library

Tuesday, December 10th 1 - 2:30 PM ■ San Diego Oasis at La Mesa

Maintaining Your Brain Health

Learn about lifestyle changes and habits that everyone can use to maintain a healthy brain.

Tuesday, October 22nd 2 - 3:30 PM ■ Alzheimer’s San Diego

Monday, November 18th 1 - 2:30 PM ■ Bonita-Sunnyside Library

Thursday, December 5th 1 - 2:30 PM ■ One Safe Place

Living with Memory Loss

Learn strategies for adapting to daily challenges, enhancing health and well-being, and planning for the future. For individuals living with early-stage memory loss and their care partners.

Tuesday, October 8th 1 - 2:30 PM San Diego Oasis at La Mesa

Monday, October 28th 1 - 2:30 PM San Diego Oasis at Rancho Bernardo

How to Talk About Memory Loss

Learn how to plan for successful, lower-stress family discussions about difficult topics like changes in memory, driving, and living alone.

Friday, November 1st 10 - 11:30 AM Oceanside Public Library

Friday, December 20th 11 AM - 12:30 PM Pacific Beach/Taylor Library



Planning – Open to all attendees

Safety at Home

Reduce the risk of wandering, falls, household injuries, medication errors, and more by learning important safety tips to keep people living with memory loss safe and well at home.

Wednesday, October 2nd 10 - 11:30 AM ■ Malcolm X Library

Thursday, December 19th 1 - 2:30 PM ■ Online

Driving & Memory Loss

Learn about physical and cognitive changes, how to evaluate driver safety, local transportation resources, and tips for having difficult conversations about driving.

Tuesday, November 12th 1 - 2:30 PM ■ San Diego Oasis at La Mesa

Tuesday, December 17th 2 - 3:30 PM ■ Alzheimer’s San Diego

Living with IDD & Dementia

This class teaches families caring for people living with intellectual and developmental disabilities about how Alzheimer’s and dementia may affect them in the future. Topics include the causes of dementia, adapting to changes in behavior, planning for the future, and resources available to support families in the County of San Diego.

Friday, October 25th 10 - 11:30 AM ■ Online

Wednesday, December 11th 2 - 3:30 PM ■ Online

Caregiving – Specifically for care partners

Communication Skills

Develop new skills and strategies for connecting and communicating more effectively with a person experiencing memory loss, and responding when interactions are challenging.

Friday, October 4th 10 – 11:30 AM ■ *Oceanside Public Library*

Thursday, November 21st 1 – 2:30 PM ■ *Carlsbad Senior Center*

Managing Resistance

Join us to explore what causes resistance in people living with dementia. Learn strategies to strengthen relationships, build trust, and preserve dignity.

Thursday, October 17th 11 AM – 12:15 PM ■ *Online / With ElderHelp*

Wednesday, November 6th 10 – 11:30 AM ■ *Malcolm X Library*



En Español – Abierto a todos

Todas nuestras clases son GRATIS. Para aprender más e inscribirse, visite alzsd.org/en-espanol o llame 858.492.4400. Asegúrese de consultar nuestro calendario educativo en línea para adiciones y actualizaciones.

Cafecito con Alzheimer's San Diego: La demencia y nuestras familias



Venga y hable con nosotros sobre cómo la demencia afecta a nuestros seres queridos.

Miércoles, 9 de octubre 10 – 11:30 AM ■ *Molina Healthcare El Cajon One Stop Help Center*

Martes, 3 de diciembre 11:30 AM – 1 PM ■ *San Ysidro Library*

Cafecito con Alzheimer's San Diego: Los cambios, la comunicación y la comunidad

Venga a hablar sobre cómo nos comunicamos con los nuestros sobre la demencia.

Miércoles, 13 de noviembre 10 – 11:30 AM ■ *Molina Healthcare Chula Vista Resource Center*

Lunes, 9 de diciembre 10 – 11:30 AM ■ *El Cajon Branch Library*

Estrategias de comunicación

Desarrolle nuevas habilidades y estrategias para conectarse y comunicarse de manera más efectiva con una persona con pérdida de memoria y cómo responder cuando las interacciones son desafiantes.

Lunes, 21 de octubre 1 – 2:30 PM ■ *Bonita-Sunnyside Library*

Coping with Personality & Behavior Changes



People with Alzheimer's disease and other dementias can experience behavior and personality changes. Learn what those changes mean, and new ways to respond.

Monday, November 25th 1 – 2:30 PM ■ *San Diego Oasis at Rancho Bernardo*

Wednesday, December 4th 10 – 11:30 AM ■ *Malcolm X Library*

Skills Clinic: Balance and Fall Prevention

Dementia increases the risk of falls, and this practical skills class shares strategies for helping a person maintain strength, balance, and reducing that risk.

Friday, December 13th 10 – 11:30 AM ■ *Scripps Miramar Ranch Library*

Care in the Late Stage

Join us to learn what to expect in the late stage of the disease, and explore new ways to communicate and provide care as needs are changing.

Friday, October 11th 10 – 11:30 AM ■ *Scripps Miramar Ranch Library*

Preparing for a Good End

An introduction to hospice and palliative care services, as well as resources for care and support at the end of life.

Tuesday, November 26th 2 – 3:30 PM ■ *Alzheimer's San Diego*

Friday, December 6th 10 – 11:30 AM ■ *Oceanside Public Library*

Conversando sobre la pérdida de memoria

¿Por qué es difícil hablar de este tema? Aprende a prepararte y hacer un plan.

Martes, 1 de octubre 11:30 AM – 1 PM ■ *San Ysidro Library*

Miércoles, 18 de diciembre 9 – 10:30 AM ■ *CARE Center - National City*

Consejos sencillos para la seguridad en el hogar

Aprenda estrategias para crear y mantener un hogar más seguro para alguien que vive con demencia.

Miércoles, 23 de octubre 10 – 11:30 AM ■ *Otay Mesa-Nestor Library*

Miércoles, 20 de noviembre 9 – 10:30 AM ■ *CARE Center - National City*

Manteniendo saludable su cerebro

Aprenda sobre los cambios en el estilo de vida y las estrategias que todos pueden usar para mantener la salud de su cerebro.

Miércoles, 27 de noviembre 10 – 11:30 AM ■ *Otay Mesa-Nestor Library*

Lunes, 16 de diciembre 1 – 2:30 PM ■ *Bonita-Sunnyside Library*

Take Me Home: Information & Registration Program

Thursday, October 3rd 10 - 11 AM ■ Online

Learn more about the reasons why people with dementia wander and ways to reduce the risk at the Take Me Home registration event. In partnership with the County of San Diego Sheriff's Office, this event supports you by sharing practical tips to manage wandering behavior by people living with dementia. The Sheriff's Department will explain how the Take Me Home program operates, and share success stories. Alzheimer's San Diego staff will be available to enroll people into the Take Me Home program.



Llévame a Casa: Información y Registro

Jueves, 3 de octubre 11 AM - 12 PM *En Línea*

En colaboración con la Oficina del Sheriff del Condado de San Diego, y Alzheimer's San Diego se va a estar proveyendo un programa de registro y educación sobre Llévame a Casa, este programa provee consejos prácticos para manejar el comportamiento relacionados con la deambulación de las personas que viven con demencia. Aprenda más sobre las razones por las que las personas con demencia deambulan y las formas de reducir el riesgo. El Departamento del Sheriff explicará cómo funciona el programa Llévame a Casa y compartirá historias de éxito. El personal de Alzheimer's San Diego estará disponible para inscribir a personas en el programa Llévame a Casa.

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Do you or someone you know have memory issues and live alone?



Individuals living alone with memory loss can benefit from additional support. We have programs that can help! Some of the FREE services we have available are:

- Short term case management
- Home safety assessments
- Independence items
- Food resources
- Transportation assistance
- Advocacy support
- Individualized resources and referrals
- Weekly socialization calls with a caring volunteer
- Appointment and delivery reminders

To qualify, individuals must live in a private residence in San Diego County, have memory concerns or dementia (whether diagnosed or not), and need support. Clients may have caregivers and family support, but must live alone.

To learn more about how we can help you or someone you know, call us at **858-492-4400** or email info@alzsd.org.

Taller Para Cuidadores



¡Aprenda estrategias que le ayudara a usted y su familia!

Sobrellevando el Cuidado es un programa gratuito para cuidadores quienes tienen altos niveles de estrés debido al nivel de atención que requiere su persona. Este programa de 5 semanas brinde educación sobre la demencia y al mismo tiempo enseña valiosas técnicas para sobrellevar el cuidado. La versión en español está disponible durante todo el año virtualmente.

Algunos de los puntos a discutirse son:

- La demencia y sus distintas etapas
- Estrategias y técnicas para manejar y proveer cuidado
- Estrategias para manejar el estrés
- Crear un plan para el futuro
- Compartir y hablar con otros

Para aprender más sobre la próxima serie, contacte a Crystal Vilorio al **858-966-3304** o cvilorio@alzsd.org.

Don't be shy. Our dementia experts are here to help – in person, online and over the phone. Stop by our office or give us a call: 858.492.4400.

All online classes and programs are FREE, thanks to our generous sponsors:

A.M. Ortega, Cordoba Corporation, ICON Utility Services, Jingoli Power, Patriot General, SDG&E, Sharp, Meruelo Enterprises, Inc, Home Instead

We can't find a cure without you!



Research Corner

You can help find a cure for Alzheimer's. San Diego County is home to many groundbreaking clinical trials. Please consider giving the gift of your time by signing up for this important local research.

Sharp

858.836.8350
sharp.com/clinicaltrials

Translational Neuroscience Institute (TNI) at UC San Diego

858.534.0901
health.ucsd.edu/care/clinical-trials

Advanced Brain Monitoring

(760) 720-0099 ext. 6011
advancedbrainmonitoring.com

Pacific Research Network

619.294.4302
prnsd.com

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