

# January - March 2025

All classes are FREE. To learn more visit [www.alzsd.org/classes](http://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.

**Wednesday, February 5<sup>th</sup> 10 - 11:30 AM** ■ *Malcolm X Library*

### Maintaining Your Brain Health

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

**Tuesday, January 14<sup>th</sup> 1 - 2:30 PM** ■ *San Diego Oasis at La Mesa*

**Thursday, February 20<sup>th</sup> 1 - 2:30 PM** ■ *Carlsbad Senior Center*

**Thursday, March 27<sup>th</sup> 1 - 2:30 PM** ■ *Pacific Beach/Taylor Library*



## Planning – Open to all attendees

### Care Options: Living at Home

Join us to learn about in-home care options and community-based resources such as adult day care, care management, and more.

**Friday, January 10<sup>th</sup> 10 - 11:30 AM** ■ *Scripps Miramar Ranch Library*

**Monday, February 24<sup>th</sup> 1 - 2:30 PM** ■ *San Diego Oasis at Rancho Bernardo*

### Care Options: Residential Placement

Whether you’re looking at placement options now or planning ahead, learn about the different types of residential settings, what they cost, and how to choose what’s best for your situation.

**Friday, February 14<sup>th</sup> 10 - 11:30 AM** ■ *Scripps Miramar Ranch Library*

**Wednesday, March 12<sup>th</sup> 10 - 11:30 AM** ■ *Online*

### 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.

**Friday, February 7<sup>th</sup> 10 - 11:30 AM** ■ *Oceanside Public Library*

### 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.

**Thursday, January 16<sup>th</sup> 11 AM - 12:15 PM** ■ *Online / With ElderHelp*

**Monday, January 27<sup>th</sup> 1 - 2:30 PM** ■ *San Diego Oasis at Rancho Bernardo*

**Tuesday, February 25<sup>th</sup> 2 - 3:30 PM** ■ *Alzheimer’s San Diego*

**Tuesday, March 11<sup>th</sup> 1 - 2:30 PM** ■ *San Diego Oasis at La Mesa*

### 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.

**Monday, March 24<sup>th</sup> 1 - 2:30 PM** ■ *San Diego Oasis at Rancho Bernardo*

### Legal & Financial Basics

Learn from local elder law experts about getting key legal documents in place and how to plan for the costs of future care.

**Friday, February 28<sup>th</sup> 10 AM - 12 PM** ■ *Online*

# Caregiving – Specifically for care partners



## Long-Distance Caregiving

Caring for someone living with dementia from afar presents its own unique challenges. Learn ways to stay in touch, stay informed, and be a helpful partner and support.

**Tuesday, January 21<sup>st</sup> 2 - 3:30 PM** ■ Online

**Friday, March 14<sup>th</sup> 10 - 11:30 AM** ■ Scripps Miramar Ranch Library

## 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.



**Thursday, January 23<sup>rd</sup> 1 - 2:30 PM** ■ One Safe Place

**Wednesday, March 5<sup>th</sup> 10 - 11:30 AM** ■ Malcolm X 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.

**Tuesday, January 28<sup>th</sup> 2 - 3:30 PM** ■ Alzheimer's San Diego

**Friday, March 7<sup>th</sup> 10 - 11:30 AM** ■ Oceanside Public Library

## Managing Resistance

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

**Tuesday, February 11<sup>th</sup> 1 - 2:30 PM** ■ San Diego Oasis at La Mesa

**Tuesday, March 25<sup>th</sup> 2 - 3:30 PM** ■ Alzheimer's San Diego

## En Español – Abierto a todos

**Todas nuestras clases son GRATIS. Para aprender más e inscribirse, visite [alzsd.org/en-espanol](http://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: Los cambios, la comunicación y la comunidad

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



**Martes, 7 de enero 11:30 AM – 1 PM** ■ San Ysidro Library

**Miércoles, 12 de marzo 1 – 2:30 PM** ■ John Landes Community Center Library

## Cafecito con Alzheimer's San Diego: Nuestro cerebro y nuestra salud

Venga y hable con nosotros sobre cómo nuestro cerebro es parte de nuestra salud.

**Miércoles, 8 de enero 1 – 2:30 PM** ■ John Landes Community Center Library

**Martes, 4 de febrero 11:30 AM – 1 PM** ■ San Ysidro Library

**Jueves, 13 de marzo 10 - 11:30 AM** ■ Molina Healthcare Chula Vista Resource Center

## 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, 12 de febrero 1 – 2:30 PM** ■ John Landes Community Center Library

## 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.

**Wednesday, February 12<sup>th</sup> 10 – 11:30 AM** ■ Online

\*This project was supported by grant number 90ADPI0066-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

## Reconociendo la pérdida de memoria

Reconoce los síntomas de la demencia y cuándo pedir ayuda.

**Viernes, 17 de enero 1 – 2:30 PM** ■ Bonita-Sunnyside Library

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

**Miércoles, 26 de marzo 10 – 11:30 AM** ■ Otay Mesa-Nestor Library

## Conversando sobre la pérdida de memoria

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

**Miércoles, 22 de enero 10 – 11:30 AM** ■ Otay Mesa-Nestor Library

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

**Lunes, 17 de marzo 1 – 2:30 PM** ■ Bonita-Sunnyside Library

## Estrategias para manejar cambios relacionados con demencia

Aprenda formas de incorporar movimiento en la vida cotidiana.

**Miércoles, 26 de febrero 10 – 11:30 AM** ■ Otay Mesa-Nestor Library

**Martes, 4 de marzo 11:30 AM – 1 PM** ■ San Ysidro Library

**JANUARY 2025:**  
**Celebrate Support  
Group Awareness Month!**



Each year during the month of January, we shine a light on one of our most valued programs – caregiver support groups! They make an immense impact and deserve to be celebrated. You may not know that:

- We offer more than 30 **FREE** support groups throughout the week, in-person, via Zoom or by phone.
- Groups are confidential, and you can attend as many different ones as you like.
- Talking with people who are going through **similar experiences** and who truly understand can help you feel less alone as you confront the many challenges of caregiving.

Start 2025 off with support and guidance from other caregivers walking the path of caring for someone living with memory loss.

Find a group today:  
[alzsd.org/support](http://alzsd.org/support) or call **858.492.4400**

*“I just want to say thank you. The support group is a phenomenal resource that offers so much encouragement, guidance and affirmation. It is invaluable to have such a safe, loving and compassionate space to connect with other caregivers.”*

**Become a Support Group Facilitator**

Interested in becoming a group facilitator? Alzheimer’s San Diego provides training, materials and ongoing support for those interested in facilitating a support group. Contact Ellen Boucher at [eboucher@alzsd.org](mailto:eboucher@alzsd.org) or **858.966.3305** for more information.

**We can’t find a cure  
without you!**

**Volunteer to Help People with  
Dementia Who Live Alone**

Are you looking for an impactful but flexible volunteer opportunity?

VITALZ volunteer drivers are needed to provide food bank deliveries and transportation for people with dementia who live alone. Help make a difference in the lives of people who have little to no support.

For information about this program and more volunteering opportunities like being an ALZ Companion, social activity assistants, and more, contact Adrianna McCollum at **858.966.3296** or [amccollum@alzsd.org](mailto:amccollum@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

**Clinical Trials**

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](http://sharp.com/clinicaltrials)

**Advanced Brain Monitoring**

(760) 720-0099 ext. 6011  
[advancedbrainmonitoring.com](http://advancedbrainmonitoring.com)

**Pacific Research Network**

619.294.4302  
[prnsd.com](http://prnsd.com)

**Translational Neuroscience  
Institute (TNI) at UC San Diego**

858.534.0901  
[health.ucsd.edu/care/clinical-trials](http://health.ucsd.edu/care/clinical-trials)



Keep in touch! @AlzheimersSD