



# Learning @Home



## Free Distance Learning Talks

Join us by Webinar or Telephone Call

See our website for dates & times:

**AlzheimersLA.org/learning-at-home**

To RSVP, call **844.HELP.ALZ** (844-435-7259) or email **help@alzla.org**

Registration closes 24 hours prior to the event.  
All talks are 1 hour long, followed by Q&A.

## OCTOBER 2020 Schedule

### EDUCATIONAL TALKS

THURSDAY, OCTOBER 1, 2020 @ 3PM

#### **Keeping Your Brain Healthy**

Did you know your brain is an organ? Learn what research is showing we can do now to keep our memory strong as we age – nutritional tips, how to keep active and ways to challenge your brain. This session includes several interactive brain games.  
*Hosted by Personal Assistance Services Council (PASC)*

TUESDAY, OCTOBER 6, 2020 @ 3PM

#### **Lost Memories: Short Film & Discussion**

(written & directed by Jessica Silvetti)

Follow the Ramirez family in a 4-episode mini-series as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression and the challenges that families face.

THURSDAY, OCTOBER 8, 2020 @ 6PM

#### **Dementia & Firearms Safety: What Gun Owners and Family Members Need To Know**

A special presentation by Dr. Emmy Betz, MD, MPH, from the University of Colorado School of Medicine, will help families learn how to keep their family member living with dementia and home safe.

FRIDAY, OCTOBER 9, 2020 @ 1PM

#### **Making Home Safe**

Learn about methods to modify your home, simple hacks and ways you can use technology to increase a person with dementia's ability to stay at home safely.

MONDAY, OCTOBER 12, 2020 @ 1PM

### **Lost Memories: Short Film & Discussion**

(written & directed by Jessica Silveti)

Follow the Ramirez family in a 4-episode mini-series as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression and the challenges that families face.

TUESDAY, OCTOBER 13, 2020 @ 3PM

### **Behaviors & Alzheimer's Disease**

A class for family members who are seeing changes in behaviors that are difficult to understand. Using the IDEA! strategy, this program aims to help individuals explore why behaviors happen, their meanings and practical tips to respond.

WEDNESDAY, OCTOBER 14, 2020 @ 10AM

### **Lost Memories: Short Film & Discussion**

(written & directed by Jessica Silveti)

Follow the Ramirez family in a 4-episode mini-series as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression and the challenges that families face.

WEDNESDAY, OCTOBER 21, 2020 @ 10AM

### **Alzheimer's Research Update with UCLA**

Get an update from the Mary S. Easton Center for Alzheimer's Disease Research Center at UCLA. Hear the latest findings around the symptoms, causes and treatments for dementia and Alzheimer's disease and efforts to find a cure.

*Hosted by Cerritos Senior Center*

FRIDAY, OCTOBER 23, 2020 @ 10AM

### **Behaviors & Alzheimer's Disease**

A class for family members who are seeing changes in behaviors that are difficult to understand. Using the IDEA! strategy, this program aims to help individuals explore why behaviors happen, their meanings and practical tips to respond.

WEDNESDAY, OCTOBER 28, 2020 @ 10AM

### **Making Home Safe**

Learn about methods to modify your home, simple hacks and ways you can use technology to increase a person with dementia's ability to stay at home safely.

*Hosted by Riverside Medical Clinic Charitable Foundation*

FRIDAY, OCTOBER 30, 2020 @ 1PM

### **Behaviors & Alzheimer's Disease**

A class for family members who are seeing changes in behaviors that are difficult to understand. Using the IDEA! strategy, this program aims to help individuals explore why behaviors happen, their meanings and practical tips to respond.

## **ACTIVITIES**

Programs available to provide engaging opportunities for everyone.

RSVP at [aoh@alzla.org](mailto:aoh@alzla.org) or 323.930.6271. Zoom link will be provided.

WEDNESDAY, OCTOBER 7, 2020 @ 11AM

### **Online Activity Hour**

You're invited to join activity specialist, Jon Schaeffer, for an hour of fun and stimulating programming in the comfort of your home, featuring a mix of music, trivia, jokes, history news and word teasers. Sit back and listen, or chime in when you choose. There will be something for everyone. It's a casual, good time!

THURSDAY, OCTOBER 15, 2020 @ 11AM

### **LA Opera "Music to Remember" Workshop**

Music helps us connect to each other, our community and even to our own inner selves. Music to Remember is inspired by the powerful (and scientifically proven) role that music plays in restoring the body, soul and memory. This recital with LA Opera teaching artist Nandani Sinha stimulates remembrance and gently invites reflection through familiar and beloved songs. Of course, we encourage joyful interaction and singing-along throughout.

TUESDAY, OCTOBER 20, 2020 @ 1PM

### **LACMA "Personal Connections" Program**

Join LACMA Teaching Artist Elonda Norris in an engaging and fun virtual art session! She will guide the care partner and person living with dementia to look at and discuss works of art from the museum's collection - from the comfort of your own home.

FRIDAY, OCTOBER 23, 2020 @ 11AM

### **BasebALZ Program**

BasebALZ, also referred to as "Talking Baseball," uses baseball as a topic for reminiscence therapy. Reminiscence therapy is an approach to improve the well-being of Alzheimer's patients by invoking and discussing their memories of the past.

TUESDAY, OCTOBER 27, 2020 @ 10AM

## Memories in the Making

Memories in the Making is an art program that allows people with Alzheimer's disease and other dementias explore their memories and emotions through the process of creating art to fulfill the participant's desire to communicate, particularly when speech is affected. Please join us for a virtual Memories in the Making painting session. Art supplies provided upon request.

## SAVVY CAREGIVER WORKSHOPS

This program develops the basic knowledge, skills, and attitudes needed to care for someone with Alzheimer's disease or another dementia.

### FRIDAYS, OCTOBER 2, 9, & 16 @ 10AM-12PM

Savvy Express: 3-week program. *Hosted by Gardena Valley Japanese Cultural Institute.*

### THURSDAYS, OCTOBER 8, 15, 22, & 29, NOVEMBER 5 & 12 @ 10AM-12PM

Savvy Caregiver: 6-week program. *Hosted by PIH Health.*

### FRIDAYS, OCTOBER 16, 23, & 30 @ 2-4PM

Savvy Express: 3-week program. *Hosted by Kaiser Permanente Baldwin Park.*

Classes are small-group format & held virtually. Computer with internet access required. Registration closes 4 days prior to the event. To RSVP or for more information, contact Sara Mikael at **323.451.2699** or **smikael@alzla.org**

## Aprendiendo en Casa



### Pláticas Educativas Gratuitas en Casa

Participe por internet o por teléfono  
Para los horarios de pláticas programadas,  
consulte por internet en nuestro sitio web:

**AlzheimersLA.org/learning-at-home**

Para inscribirse llame al **844.HELP.ALZ**  
(844-435-7259) o escribanos a **help@alzla.org**

Las inscripciones se cierran 24 hrs. antes del evento.  
Duración de las Charlas: 1 hora, seguidas por  
preguntas y respuestas.

## PRESENTACIONES EN ESPAÑOL

JUEVES, 22 DE OCTUBRE, 2020 a las 2PM

### **Recuerdos Perdidos**

(escrito y dirigido por Jessica Silvetti)

Siga la familia Ramirez en una miniserie de 4 capítulos mientras enfrentan los desafíos de la enfermedad de Alzheimer cuando la abuela Gloria comienza a mostrar señas de pérdida de memoria. Después de cada capítulo, habrá una conversación sobre los síntomas y señales, el proceso de recibir un diagnóstico, las etapas de la enfermedad y el proceso de aceptación que familias enfrentan.

## UNIDOS EN EL CUIDADO

### **El taller consiste de 3 sesiones semanales, 2 horas por cada sesión**

Esta serie de talleres ayudará a familiares de personas con pérdida de memoria. Durante las tres sesiones, se cubrirá información sobre la enfermedad de Alzheimer y la demencia, como la enfermedad afecta los comportamientos, y como cuidar de sí mismo.

Para inscribirse llame al (323)930-6272 o escribanos a [mbermudez@alzla.org](mailto:mbermudez@alzla.org)

*Se necesita acceso a una computadora o tableta conectada al internet para tomar este taller.*

Las inscripciones se cierran 4 días antes del primer día de la serie.

MIÉRCOLES, 14, 21 y 28 de OCTUBRE de 6-8PM

### **Unidos en el Cuidado - Serie de 3 semanas**

*Presentado en conjunto con: PIH Health y Human Services Association*

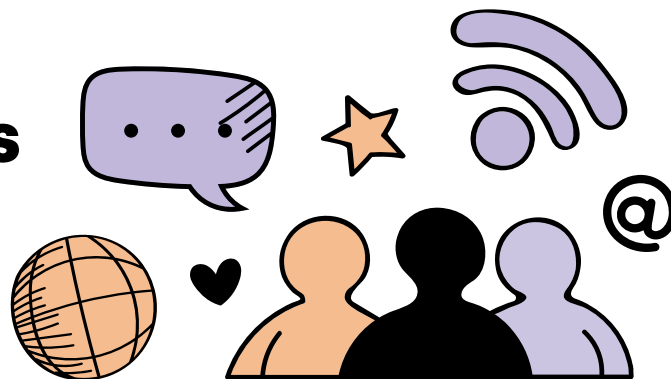


**844.HELP.ALZ**  
**AlzheimersLA.org**



# Free Virtual Programs & Services Available

October 2020



## Care Counseling

Care Counseling services offer one-to-one support to those who are caring for someone with dementia. Whether you're at home with your loved one, or they live elsewhere, our counselors will help you through this challenging time. We provide education, resources, counseling, coping techniques, and ideas for self-care, as well as ongoing support and care planning. Counseling is available online or by phone.

## ALZ Direct Connect®

Alzheimer's Los Angeles is accepting ALZ Direct Connect® referrals from healthcare professionals and aging service providers. ALZ Direct Connect is a warm hand-off referral made by professionals on behalf of a patient in the early stages of dementia or a family caregiver. An Alzheimer's Los Angeles social worker reaches out to the family based on the needs specified in the referral and provides complimentary disease education and support. ALZ Direct Connect referrals always include feedback to the referring professional after contact has been made with the family.

### Make an ALZ Direct Connect referral:

[AlzheimersLA.org/wp-content/uploads/2019/08/ALZDirectConnect\\_ReferralForm\\_0819\\_TypeFriendly.pdf](https://AlzheimersLA.org/wp-content/uploads/2019/08/ALZDirectConnect_ReferralForm_0819_TypeFriendly.pdf)

## Virtual Support Groups

- Mondays, 11AM–12PM: Caregiver Group
- Tuesdays, 5:30–6:30PM: Caregiver Group
- Wednesdays, 3–4PM: Spanish Speaking Group
- Wednesdays, 7–8PM: Caregiver Group
- Thursdays, 11AM–12PM: Caregiver Group
- Thursdays, 1:30–2:30PM: Early Stage Caregiver Group
- Fridays, 2–3PM: Group for Caregivers of people living in a residential facility

**To RSVP to any of our virtual workshops or access any of our services:**  
Call our helpline **844.HELP.ALZ (844.435.7259)** or visit our website **AlzheimersLA.org**