

EDUCATION CALENDAR



Free classes to help you learn more about brain health, memory loss, caregiving, healthy aging and other related topics. Registration is required to attend. Sign up and stay up to date with all our classes:

www.alzoc.org/ed-calendar

COMMUNITY EDUCATION FOR ALL

WEBINAR - Getting Dementia Care Right

JULY 9 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

With the global aging population, dementia care is increasingly important. Explore comprehensive care strategies, focusing on dignity, autonomy, and well-being. Learn evidence-based techniques to manage behaviors, enhance communication, and address ethical issues in dementia care. One CE credit Hour Offered: RCFE, BRN, CAMFT/BBS.

Planning the Next Steps: Continuum of Care

JULY 16 | 2:00 PM – 3:00 PM

ONLINE - ZOOM

Confused about nursing homes, assisted living, and other care options? Join us for a discussion on decoding the mysteries of different care levels, their financing, and when they're needed.

THANK YOU TO OUR CO-HOST:



Breaking Through the Taboo: How do I know when a loved one needs more help?

JULY 17 | 10:00 AM – 11:00 AM

IN-PERSON FULLERTON COMMUNITY CENTER

Join us to learn about common red flags that signal issues, how to approach difficult conversations, and find the best plan for optimizing well-being. *Call (714) 738-6575 to RSVP*

Dispelling Common Myths about Dementia

JULY 19 | 12:30 PM – 1:30 PM

IN-PERSON YORBA LINDA SENIORS - 4501 CASA LOMA AVE,
YORBA LINDA

Separate fact from fiction and learn about common misconceptions surrounding Alzheimer's and other dementias in this interactive class and discussion. *Call (714) 961-7181 to RSVP.*

WEBINAR – The Best Friends Approach to Dementia Care

JULY 24 | 11:00 AM – 12:00 AM

ONLINE - ZOOM

Discover the transformative power of the Best Friends Approach in dementia care. Learn core principles emphasizing trust, empathy, and meaningful connections. Gain practical techniques for building relationships, enhancing communication, and creating supportive environments. One CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS.

Home Safety

AUGUST 9 | 12:30 PM – 1:30 PM

IN-PERSON YORBA LINDA SENIORS - 4501 CASA LOMA AVE,
YORBA LINDA

Empower caregivers with practical strategies for safety and comfort. Learn to minimize hazards, promote independence, and reduce confusion. Gain peace of mind and valuable tips for smoother caregiving. *Call (714) 961-7181 to RSVP*

COMMUNITY EDUCATION FOR ALL

Parkinson's Disease and Communication Challenges: Navigating Swallowing and Speech Disorders

AUGUST 13 | 11:30 AM - 12:30 PM

ONLINE - ZOOM

Discover the impact of Parkinson's Disease on motor and non-motor functions, focusing on swallowing and speaking difficulties. This course explores the concept of intent to enhance communication and motor control, teaching cognitive strategies for improving speech and swallowing through integrated rehabilitation techniques. One CE credit hour offered: RCFE, BRN, CAMFT/BBS.

Warning Signs vs. Normal Aging

AUGUST 21 | 10:00 AM - 11:00 AM

IN-PERSON FULLERTON COMMUNITY CENTER

Explore normal aging versus potential concerns in this informative session. Discover how aging affects learning, recall, vision, hearing, and mobility. *RSVP: (714) 738-6575*

WEBINAR - Youthful Minds, Unseen Struggles: Young Onset Dementia

AUGUST 28 | 11:00 AM - 12:00 PM **ONLINE - ZOOM**

Join us for a discussion on the unique challenges and diagnostic considerations specific to young-onset dementia, addressing its impact on individuals, families, and society, while exploring tailored approaches to care and support.

CARE STRATEGIES (FOR CARE PARTNERS ONLY)

It's All About Approach

JULY 2 | 10:00 AM - 11:30 AM

ONLINE - ZOOM

Learn essential techniques to support and communicate with loved ones experiencing dementia. Enhance your skills, manage challenging behaviors, and create a supportive environment to improve quality of life for both you and your loved one.

Hoarding and Dementia

JULY 16 | 10:00 AM - 11:30 AM

ONLINE - ZOOM

Dive into the intricate relationship between hoarding behaviors and dementia and acquire knowledge and tools to make a real difference in the lives of those affected.

I Need a Break! A Respite Care Guide

JULY 23 | 10:00 AM - 11:30 AM

ONLINE - ZOOM

Discover available resources for much-needed breaks. Learn about various respite care services to find the right fit for your needs.



Communication and Memory Loss: How to have Better Conversations

AUGUST 6 | 10:00 AM - 11:30 AM

ONLINE - ZOOM


Enhance your ability to connect with friends, family or loved ones facing cognitive decline. Join us to learn practical communication strategies.

THANK YOU TO OUR SPONSOR:  Town & Country
Your faith. Your way of life.

Dispelling Common Myths about Dementia

AUGUST 20 | 10:00 AM - 11:30 AM

ONLINE - ZOOM

Explore common misconceptions about Alzheimer's and dementia. Separate fact from fiction and bring your questions! SPONSORED BY:  Town & Country
Your faith. Your way of life.

Adjusting to Life After Caregiving

AUGUST 20 | 2:00 PM - 3:00 PM

IN-PERSON ANAHEIM PUBLIC LIBRARY | 500 W. BROADWAY, ANAHEIM

Discover how to navigate the post-caregiving period. Learn to reconcile feelings of grief and relief and gain tips for finding your new path.

THANK YOU TO OUR CO-HOST:  ANAHEIM PUBLIC LIBRARY

CARE STRATEGIES (FOR CARE PARTNERS ONLY)

A Caregiver's Journey: My Three Lessons

AUGUST 27 | 10:00 AM - 11:30 AM

ONLINE - ZOOM

Join Ben Allen, former care partner and current educator, for valuable perspectives and practical tips on supporting loved ones with memory loss and cognitive changes.

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Annual Visionary Women Caregivers Awards

AUGUST 16 | PELICAN HILL RESORT, NEWPORT BEACH

Join us for a special luncheon hosted by Alzheimer's Orange County to celebrate and honor the extraordinary men and women who provide compassionate care for those affected by Alzheimer's and related dementias.

RSVP: www.alzoc.org/vw

HEALTH TALKS WITH DR. TRINH

Dr. Trinh is a medical missionary and well-known expert training others on evidence based healthy brain strategies, preventive health and wellness, inflammation, ketosis, and intermittent fasting.

ONLINE IN-PERSON

SPONSORED BY

For dates, times, and locations, visit:
www.facebook.com/pg/trinhhealth/events



PLANNING

The Good, Bad & the Ugly of Conservatorships

JULY 11 | 10:00 AM - 11:00 AM

IN-PERSON SEA COUNTRY SENIOR & COMMUNITY CENTER, LAGUNA NIGUEL

Discover the significance of Britney Spears' conservatorship case and its impact on California law and why it should matter to you and your loved one. Join Christina McGonigle, Esq., CELA, as she explores the complexities of conservatorships. Call to RSVP: 949-425-5151

BRAIN HEALTH

Brain Boot Camp (2 Part Series)

JULY 8, 15 | 10:00 AM - 11:30 AM

IN-PERSON NORMAN P. MURRAY COMMUNITY AND SENIOR CENTER, MISSION VIEJO

Join our fun, evidence-based two-session course and learn about how to enhance your memory ability and how to live a healthy-brain lifestyle. Evidence-based curriculum from UCLA Longevity Center. Must attend both sessions.

RSVP: Call 949-470-3062.

Mind Your Brain: Cognitive Strength at Any Age

JULY 30 | 9:00 AM - 10:00 AM

IN-PERSON WESTMINSTER SENIOR CENTER

Discover strategies for maintaining brain health longer with healthy-brain strategies based on the latest Cleveland Clinic research. Learn about the six pillars of brain health, age-related changes, risks, and practical steps to lower cognitive decline. RSVP: 714-895-2878

EVENTOS EN ESPAÑOL

El beneficio de la música para el cerebro

1 DE JULIO | 11:30 AM - 12:30 PM

EN LINEA - ZOOM

Las Zonas Azules

12 DE JULIO | 10:30 AM - 12:30 PM

EN PERSONA FULLERTON COMMUNITY CENTER

Ejercicio Cognitivo

15 DE JULIO | 10:00 AM - 11:00 AM

EN PERSONA ANAHEIM INDEPENDENCIA FAMILY RESOURCE CENTER

Seguridad en el Hogar

5 DE AGOSTO | 11:30 AM - 12:15 PM

EN LINEA - ZOOM

Únete a la clase: <https://us06web.zoom.us/j/9460476806094604768060>

Aprende más: 949-757-3755 | spanish.info@alzoc.org



Adult Day Centers: Enriching Lives, Supporting Caregivers

Our adult day programs provide compassionate care and engaging activities for individuals with memory loss and others requiring daytime assistance in a social setting that enhances well-being and gives caregivers a break.

**Healthy Aging
Center: Acacia**
(Garden Grove)
(714) 530-1566

**Healthy Aging
Center: Laguna Woods**
(Laguna Woods)
(949) 855-9444

The Social Connection
(Leisure World
Seal Beach)
(949) 293-7326

RESEARCH

3rd Annual Alzheimer's Update: New Discoveries in 2024

AUGUST 3 | 9:00 AM – 11:00 AM

IN-PERSON MT. OF OLIVES ADULT DAY PROGRAM,
24772 CHRISANTA DRIVE, MISSION VIEJO

Join Chief Medical Officer of the Healthy Brain Clinic and best selling author, Dr. Dung Trinh as he discusses the latest advance in Alzheimer's Research. Be sure to bring your questions! *Call 949.581.3800 to RSVP*

35th Annual Southern California Alzheimer's Disease Research Conference

SEPTEMBER 6 | 8:00 AM - 3:15 PM

ONLINE **IN-PERSON** HILTON IRVINE

Don't miss out on this hybrid event focusing on the latest advances in care for individuals living with dementia, highlighting important advances in diagnosis, treatment, and caregiving strategies. 3 CE credits offered.

Register: conference.mind.uci.edu

SUPPORT GROUPS



You are not alone. Connect, share, and find understanding with others in one of our many support groups. Available online, in person, and in multiple languages.

To become a support group facilitator, contact traci.bell@alzoc.org to learn more about how you can become a part of our team. Training will be provided. Reflective skills required.