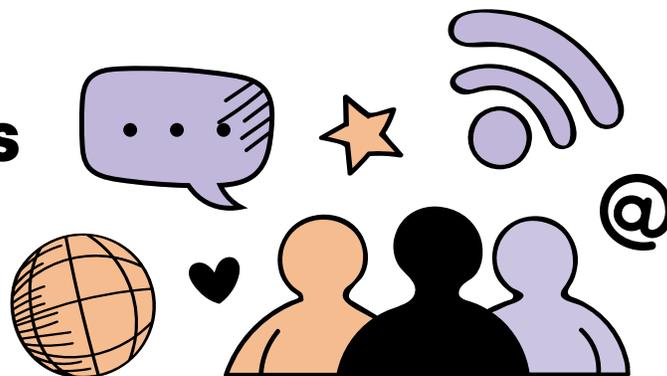




# Free Virtual Programs & Services Available

July 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**

# 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.

## JULY 2020 Schedule

### EDUCATIONAL TALKS

MONDAY, JULY 6, 2020 @ 10AM

#### **Communication & Dementia**

Beginning with a basic understanding of Alzheimer's disease and its effect, this program explores communication principles necessary to maintain meaningful connections. Using scenarios, this training offers tips and useful strategies to help with communication issues over the course of the disease.

WEDNESDAY, JULY 8, 2020 @ 10AM

#### **Alzheimer's Disease Research Update**

Get an update on research findings around the symptoms, detection and causes of dementia and Alzheimer's disease. Learn about the latest treatments available and what research is currently being conducted to find a cure for this disease.

SATURDAY, JULY 11, 2020 @ 11AM

#### **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.

MONDAY, JULY 13, 2020 @ 10AM

#### **Dementia Specific Strategies in time of Social Distancing**

Monica Moore, MSG, Community Health Program manager at the Mary S. Easton Center for Alzheimer's Disease Research at UCLA, will discuss the challenges that people with dementia and their care partners are faced with due to social distancing. She will also discuss strategies to alleviate these challenges and adapt to the new normal of these times. Meeting held via Zoom. RSVP at [mrmoore@mednet.ucla.edu](mailto:mrmoore@mednet.ucla.edu).

TUESDAY, JULY 14, 2020 @ 5:30PM

### **Making Home Safe for a Person with Alzheimer's**

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.

WEDNESDAY, JULY 15, 2020 @ 10AM

### **Staying Home, Staying Connected: Engage & Connect in Time of Social Distancing**

Guest speaker Jennifer Lee is a Field Project Coordinator at the Front Porch Center for Innovation and Wellbeing. She will talk about different ways to use technology to assist those with dementia and their caregivers.

THURSDAY, JULY 16, 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. Hosted by Personal Assistance Services Council (PASC).

SATURDAY, JULY 18, 2020 @ 11AM

### **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, JULY 22, 2020 @ 10AM

### **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.

SATURDAY, JULY 25, 2020 @ 6PM

### **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, JULY 29, 2020 @ 10AM

### **Dementia Friends**

Become a Dementia Friend by completing this one-hour session. Learn five key messages about dementia and develop action steps to help your community. Each participant will receive a Dementia Friend pin and become a member of this global movement developed by the Alzheimer's Society in the United Kingdom.

FRIDAY, JULY 31, 2020 @ 10AM

### **Making Home Safe for a Person with Alzheimer's**

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.

## **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, JULY 8, 2020 @ 11-11:30AM

FRIDAY, JULY 10, 2020 @ 11-11:30AM

### **Laughter on Call Workshop**

A simple & effective half hour comedy curriculum to create connection through shared laughter! Includes exercises to get the blood flowing and games to get the mind going. Taught by Laughter On Call expert Lauren White. Anyone is welcome to join! If you have someone with cognitive decline, please have a caregiver or a loved one there to assist them.

THURSDAY, JULY 9, 2020 @ 11AM-12PM

### **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 stimulate remembrance and gently invite reflection through familiar and beloved songs. Of course, we encourage joyful interaction and singing-along throughout.

FRIDAY, JULY 24, 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.

FRIDAY, JULY 29, 2020 @ 11AM-12PM

### **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!

## SAVVY EXPRESS

**Savvy Express** is a 3 week program that develops the basic knowledge, skills, and attitudes needed to care for someone with Alzheimer's disease or another dementia.

MONDAYS, JULY 13, 20, & 27 @ 10AM-12PM

Co-hosted by WISE & Healthy Aging and Kaiser Baldwin Park

THURSDAYS, JULY 16, 23, & 30 @ 1-3PM

Classes are small-group format & held virtually for 3 consecutive weeks. Computer with camera and microphone and internet access required.

Registration closes 4 days prior to the event. To RSVP or for more information, please 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, 23 DE JULIO, 2020 a las 3PM

### Comportamientos y enfermedad de Alzheimer

Una charla para familiares de personas con la enfermedad de Alzheimer que están batallando con cambios en los comportamientos que son difíciles de entender y manejar debido a la enfermedad. Usando la estrategia llamada ¡IDEA!, aprenderán cuales son los comportamientos relacionados con la enfermedad de Alzheimer, sus significados e ideas de cómo responder competentemente.

Organizado por el Consejo de Servicios de Asistencia Personal (PASC).



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