



A Free Distance Learning Series hosted by



MAY 2020 SCHEDULE

See our website for dates and times:

www.alzheimersla.org/learning-at-home

Join us by Webinar or Telephone Call

A link and phone number will be sent to you upon registration

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

WORKSHOPS

WEDNESDAY, MAY 6, 2020 AT 10:00 AM

Keeping Your Brain Healthy

Learn ten tips on how to keep your memory strong as you age. Hear about how lifestyle choices can affect your risk for dementia. Several interactive brain games are included.

FRIDAY, MAY 8, 2020 AT 10:00 AM

Memory Loss & Alzheimer's: Let's Talk!

Learn about the warning signs of dementia. We will discuss the difference between dementia and Alzheimer's disease, what causes memory loss, and the process of a diagnosis.

WEDNESDAY, MAY 13, 2020 AT 10:00 AM

Behaviors & Alzheimer's Disease

Many behaviors arise with dementia that are difficult to understand. Using the IDEA! strategy, this talk provides tools to help manage difficult behaviors.

WEDNESDAY, MAY 20, 2020 AT 10:00 AM

Lost Memories: Short film & discussion

Follow the Ramirez family as they begin to see signs of memory loss in grandmother. See the challenges families face, the process of a diagnosis, and how a family can come together to support each other.

WEDNESDAY, MAY 27, 2020 AT 10:00 AM

Communication & Dementia

There are specific communication difficulties that arise with dementia. Listen to a variety of strategies that help improve communication with a person with Alzheimer's disease or another dementia.

For more information: www.alzheimersla.org/learning-at-home

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WORKSHOPS IN SPANISH

MIERCOLES, 6 de mayo, 2020 a la 1:00 PM

Manteniendo la salud cerebral

Descubra 10 consejos para mantener nuestra memoria fuerte a medida que envejecemos. Incluye consejos nutricionales, como mantenerse activo y formas de desafiar su cerebro.

MIERCOLES, 13 de mayo, 2020 a la 1:00 PM

Problemas con la memoria y el Alzheimer: ¡Platiquemos!

Aprenda sobre la enfermedad de Alzheimer y sus efectos. Conozca las causas de la pérdida de memoria, la demencia entre el envejecimiento normal y los síntomas de demencia.

MIERCOLES, 20 de mayo, 2020 a la 1:00 PM

Recuerdos Perdidos: video y discusión

Siga la familia Ramírez 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.

FREE EDUCATIONAL TELEPHONE CALL

Alzheimer's Los Angeles will be providing talks hosted by Personal Assistance Services Council (PASC)

The monthly talks will be available in English and in Spanish

Please **call 877-466-3931** to listen to the call. There is no passcode.

You may call in 5 minutes prior to the talk.

May 14 - 3pm-5pm - Making Home Safe for a Person with Alzheimer's (English)

May 21 - 3pm-5pm - Making Home Safe for a Person with Alzheimer's (Spanish)

June 18 - 3pm-5pm - Communication and Dementia (English)

June 25 - 3pm-5pm - Communication and Dementia (Spanish)

July 16 - 3pm-5pm - Behaviors & Alzheimer's Disease (English)

July 23 - 3pm-5pm - Behaviors & Alzheimer's Disease (Spanish)

VIRTUAL SUPPORT GROUP SCHEDULE

To RSVP, contact Anne Oh, aoh@alzla.org or 844-435-7259

Mondays – 11:00am-12:00pm

Tuesdays – 6:30-7:30pm (*Bereavement Support group*)

Wednesdays – 3:00-4:00pm (*Spanish Speaking Support group*)

Wednesdays – 7:00-8:00pm

Thursdays – 11:00am-12:00pm

Fridays – 2:00-3:00pm (*Support group for caregivers of individuals living in a residential facility*)