



# A Free Distance Learning Series hosted by



## MAY 2020 SCHEDULE

See our website for dates and times:

[www.alzheimersla.org/learning-at-home](http://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](mailto: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.

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AlzheimersLA.org  
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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](mailto: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*)