

# SUPPORT GROUPS AND EDUCATION CLASSES



**Pre-registration is required.** Information regarding phone or video-conference will be emailed to you directly once you pre-register via the link below or by calling the Alzheimer's Association 24/7 Helpline: 800.272.3900.

Date and Time	Support Group	Registration Details or Call 24/7 Helpline 800.272.3900
<p><b>Mondays:</b>  <b>March 23rd, 30th</b>  <b>April 6th, 13th, 20th, 27th</b>                      6:00 pm to 7:30 pm</p> <p><b>Thursdays:</b>  <b>March 26th</b>  <b>April 2nd, 9th, 16th, 23rd, 30th</b>                      10:00 am to 11:30am</p>	<p><b>Family Caregiver Support Group Telephone Call</b></p> <p>Build a support system with people who understand.</p> <ul style="list-style-type: none"> <li>•Connect with others.</li> <li>•Exchange practical information on caregiving challenges and possible solutions.</li> <li>•Talk through issues and ways of coping.</li> <li>•Share feelings, needs and concerns.</li> <li>•Learn about community resources.</li> </ul>	<p>To register for the <b>Monday</b> Support Group Call, contact Michelle Quiroga-Diaz at 818.446.1687 or <a href="mailto:mquirogadiaz@alz.org">mquirogadiaz@alz.org</a>.</p> <p>To register for the <b>Thursday</b> Support Group Call, contact Sivana Lavine at 818.875.9928 ext 8792 or <a href="mailto:sclavine@alz.org">sclavine@alz.org</a>.</p>
<p><b>Martes:</b>  <b>24 y 31 de marzo</b>  <b>7, 14, 21 y 28 de abril</b>                      1:00 pm a 2:30pm</p>	<p><b>Grupo de Apoyo Telefónico</b></p> <p>Establezca un sistema de apoyo.</p> <ul style="list-style-type: none"> <li>•Intercambie información práctica sobre los retos de cuidado que enfrenta y posibles soluciones.</li> <li>•Aprenda sobre los recursos en su comunidad.</li> <li>•Hable sobre cómo enfrentar problemas.</li> <li>•Comparta sus sentimientos, necesidades y preocupaciones.</li> </ul>	<p>Para registrarse para el Grupo de Apoyo Telefónico, comuníquese con Linda Loera al 213.220.0713 o <a href="mailto:lloera@alz.org">lloera@alz.org</a>.</p>

Date and Time	Education Class Description	Registration Link or Call 24/7 Helpline 800.272.3900
<p><b>Tuesday, March 24th</b> 10:00 am to 12:00 pm</p>	<p><b>Effective Communication Strategies</b> Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.</p>	<p>To register go to: <a href="https://bit.ly/AlzEffectiveCommunicationsI">https://bit.ly/AlzEffectiveCommunicationsI</a></p>
<p><b>Wednesday, March 25th</b> 1:00 pm to 2:30 pm</p>	<p><b>Healthy Living for your Brain &amp; Body</b> Hear what research has shown in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age.</p>	<p>To register go to: <a href="https://bit.ly/alzhealthyliving">https://bit.ly/alzhealthyliving</a></p>
<p><b>Friday, March 27th</b> 10:00 am to 11:30 am</p>	<p><b>Living with Early Memory Loss Part 1</b> This course is designed specifically for persons experiencing early memory loss or diagnosed with early Alzheimer's, and their care partners. Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.</p>	<p>To register go to: <a href="https://bit.ly/earlymemoryloss">https://bit.ly/earlymemoryloss</a></p>
<p><b>Monday, March 30</b> 3:30 pm to 5:00 pm</p>	<p><b>Understanding Alzheimer's and Dementia</b> Learn about detection, causes, risk factors, stages and treatment of Alzheimer's disease.</p>	<p>To register go to: <a href="https://bit.ly/understandingAlzandDementia">https://bit.ly/understandingAlzandDementia</a></p>
<p><b>Wednesday, April 1st</b> 1:00 pm to 2:30 pm</p>	<p><b>Know the 10 Signs: Early Detection Matters</b> The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. Learn the myths and realities of memory loss and the 10 warning signs of Alzheimer's disease..</p>	<p>To register go to: <a href="https://bit.ly/10signs-edu">https://bit.ly/10signs-edu</a></p>

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<p><b>Friday, April 3rd</b> 10:00 am to 11:30 am</p>	<p><b>Living with Early Memory Loss Part 2</b> This course is designed specifically for persons experiencing early memory loss or diagnosed with early Alzheimer's, and their care partners. Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.</p>	<p>To register go to: <a href="https://bit.ly/earlymemorylossII">https://bit.ly/earlymemorylossII</a></p>
<p><b>Friday, April 3rd</b> 1:00 pm to 2:30 pm</p>	<p><b>Healthy Living for your Brain &amp; Body</b> Hear what research has shown in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age.</p>	<p>Pre-registration at least 1 day prior to each class is required to receive dial-in instructions. Register by phone: 800.272.3900 or email <a href="mailto:kjschuppe@alz.org">kjschuppe@alz.org</a>.</p>
<p><b>Viernes, 3 de abril</b> 1:00 pm a 2:30pm</p>	<p><b>Cuerpo y Cerebro Sano es Vida Sana</b> Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva, participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable.</p>	<p>Para registrarse vaya a: <a href="https://bit.ly/CuerpoyCerebroSano-Clase">https://bit.ly/CuerpoyCerebroSano-Clase</a></p>
<p><b>Wednesday, April 8th</b> 1:00 pm to 2:30 pm</p>	<p><b>Dementia Conversations: Driving, Doctor Visits, Legal &amp; Financial Planning</b> Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia. Discuss when someone should stop driving, going to the doctor, and making legal and financial planning decisions.</p>	<p>To register go to: <a href="https://bit.ly/DementiaConversations-edu">https://bit.ly/DementiaConversations-edu</a></p>

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<p><b>Friday, April 10th</b> 10:00 am to 11:30am</p>	<p><b>Living with Early Memory Loss Part 3</b> This course is designed specifically for persons experiencing early memory loss or diagnosed with early Alzheimer's, and their care partners. Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.</p>	<p>To register go to: <a href="https://bit.ly/EalyMemoryLossIII">https://bit.ly/EalyMemoryLossIII</a></p>
<p><b>Wednesday, April 15th</b> 1:00 pm to 2:30 pm</p>	<p><b>Understanding Alzheimer's and Dementia</b> Learn about detection, causes, risk factors, stages and treatment of Alzheimer's disease.</p>	<p>To register go to: <a href="https://bit.ly/UnderstadingAlzandDementiaII">https://bit.ly/UnderstadingAlzandDementiaII</a></p>
<p><b>Friday, April 17th</b> 10:00 am to 11:30 am</p>	<p><b>Caring for Someone in the Middle Stages, Part 1</b> Part 1 of this 3-part series, learn about symptoms associated with the middle-stage of Alzheimer's disease, communication and relationship changes, effective ways to provide personal care, and preparing for hospitalizations.</p>	<p>To register go to: <a href="https://bit.ly/Caring-MiddleStageAlzI">https://bit.ly/Caring-MiddleStageAlzI</a></p>
<p><b>Viernes, 17 de abril</b> 1:00 pm a 2:30 pm</p>	<p><b>Conozca Las Diez Señales: La Detección Temprana Importa</b> Asista a este taller interactivo para aprender las 10 Señales de Advertencia del Alzheimer. Aquí usted aprenderá qué es mito y qué es verdad. También hablaremos de los temores acerca del Alzheimer que la gente tiene en América.</p>	<p>Para registrarse vaya a: <a href="https://bit.ly/ConozcaLasSeñales">https://bit.ly/ConozcaLasSeñales</a></p>
<p><b>Wednesday, April 22nd</b> 1:00 pm to 2:30 pm</p>	<p><b>Effective Communication Strategies</b> Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.</p>	<p>To register go to: <a href="https://bit.ly/AlzEffectiveCommunications">https://bit.ly/AlzEffectiveCommunications</a></p>

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<p><b>Friday, April 24th</b> 10:00 am to 11:30 am</p>	<p><b>Caring for Someone in the Middle Stages, Part 2</b> Part 2 of this series provides information on telling others about diagnosis, communication with family and friends, making legal and financial plans, and playing it safe.</p>	<p>To register go to: <a href="https://bit.ly/Caring-MiddleStageAlzII">https://bit.ly/Caring-MiddleStageAlzII</a></p>
<p><b>Wednesday, April 29th</b> 1:00 pm to 2:30 pm</p>	<p><b>Understanding And Responding To Dementia-Related Behavior</b> Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.</p>	<p>To register go to: <a href="https://bit.ly/UnderstandingAlzBehavior">https://bit.ly/UnderstandingAlzBehavior</a></p>
<p><b>Friday, May 1st</b> 10:00 am to 11:30 am</p>	<p><b>Caring for Someone in the Middle Stages, Part 3</b> In Part 3 learn about respite options including informal care, day services, in-home care services and senior living options, as well as managing and coping with difficult feelings.</p>	<p>To register go to: <a href="https://bit.ly/Caring-MiddleStageIII">https://bit.ly/Caring-MiddleStageIII</a></p>
<p><b>Friday, May 1st</b> 1:00 pm to 2:30 pm</p>	<p><b>Dementia Conversations: Driving, Doctor Visits, Legal &amp; Financial Planning</b> Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia. Discuss when someone should stop driving, going to the doctor, and making legal and financial planning decisions.</p>	<p>Pre-registration at least 1 day prior to each class is required to receive dial-in instructions. Register by phone: 800.272.3900 or email <a href="mailto:kjschuppe@alz.org">kjschuppe@alz.org</a>.</p>
<p><b>Viernes, 1 de mayo</b> 1:00 pm a 2:30 pm</p>	<p><b>Lo Básico: La Pérdida de Memoria, La Demencia y La Enfermedad de Alzheimer</b> Aprenda sobre la detección, causas, factores de riesgos, etapas y tratamiento de la enfermedad de Alzheimer.</p>	<p>Para registrarse vaya a: <a href="https://bit.ly/AlzLoBasico">https://bit.ly/AlzLoBasico</a></p>