

# SAN DIEGO PROGRAM CALENDAR JANUARY 2018



Programs are free of charge. RSVP anytime: 800.272.3900

Day & Time	In-Person Education	Location
<b>NORTH REGION</b>		
<b>Thursday, January 11</b> 10:00 a.m. –11:00 a.m. <i>Light refreshments provided</i>	<b>The Basics: Memory Loss, Dementia, and Alzheimer's Disease</b> Learn about the diagnosis, causes, risk factors, stages, and treatment of Alzheimer's disease.	<b>Poway Senior Center</b> 13094 Civic Center Dr. Poway, CA 92064
<b>Tuesday, January 16</b> 2:00 p.m.-3:00 p.m. <i>Light refreshments provided</i>	<b>Know the Ten Signs: Early Detection Matters</b> If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives one a chance to start treatment and plan for the future.	<b>Carlsbad by the Sea Retirement Community</b> 2855 Carlsbad Blvd. Carlsbad, CA 92008
<b>CENTRAL REGION</b>		
<b>Wednesday, January 3</b> 6:00 p.m.-7:00 p.m. <i>Light dinner provided</i>	<b>Healthy Living for Your Brain &amp; Body: Tips from the Latest Research</b> Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.	<b>College/Rolando Branch Library</b> 6600 Montezuma Rd San Diego, CA 92115
<b>Tuesday, January 9</b> 6:00 p.m. – 7:00 p.m. <i>Light dinner provided</i>	<b>Healthy Living for Your Brain &amp; Body: Tips from the Latest Research</b> Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.	<b>OUR OFFICE Alzheimer's Association</b> 5075 Shoreham Place Suite 240 San Diego, CA 92122
<b>Monday, January 22</b> 10:00 a.m. –11:30 a.m. <i>Light refreshments provided</i>	<b>Healthy Living for Your Brain &amp; Body: Tips from the Latest Research</b> Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.	<b>Pacific Beach/Taylor Branch Library</b> 4275 Cass St. San Diego, CA 92109

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**OUR MISSION: To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.**

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<b>CENTRAL REGION</b>	<i>(continued from last page)</i>	
<b>Monday, January 29</b> 10:00 a.m. – 11:30 a.m. <i>Light refreshments provided</i>	<b>Know the Ten Signs: Early Detection Matters</b> If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives one a chance to start treatment and plan for the future.	<b>Pacific Beach/Taylor Branch Library</b> 4275 Cass St. San Diego, CA 92109
<b>EAST REGION</b>		
<b>Thursday, January 4</b> 9:30 a.m. – 10:30 a.m. <i>Light refreshments provided</i>	<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.	<b>The Montera</b> 5740 Lake Murray Blvd La Mesa, CA 91942
<b>Tuesday, January 23</b> 12:00 p.m. – 1:00 p.m. <i>Light lunch provided</i>	<b>Know the Ten Signs: Early Detection Matters</b> If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives one a chance to start treatment and plan for the future	<b>Casa de Oro Branch Library</b> 9805 Campo Rd. Spring Valley, CA 91977
<b>SOUTH REGION</b>		
<b>Wednesday, January 17</b> 12:00 p.m. – 1:00 p.m. <i>Light lunch provided</i>	<b>Know the Ten Signs: Early Detection Matters</b> If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives one a chance to start treatment and plan for the future.	<b>Chula Vista Public Central Library</b> 365 F St. Chula Vista, CA 91910
<b>Thursday, January 25</b> 10:00 a.m. - 11:00 a.m. <i>Light refreshments provided</i>	<b>Healthy Living for Your Brain &amp; Body: Tips from the Latest Research</b> Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.	<b>Silvercrest Residence</b> 636 3rd Ave. Chula Vista, CA 91910  (via the Glenner Center Memory Café)

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Day & Time	In-Person Workshops	Location
<p><b>Thursdays</b> 1:00 p.m.—4:00 p.m.</p> <p><b>January 18</b> <b>January 25</b></p> <p><i>(Future dates in February)</i></p>	<p><b>WHAT:</b> ART SCIENCE COMPLEX has originated and designed exercises using drawing and writing to promote latent ability within the brain.</p> <p><b>HOW:</b> Metaphorical thinking encourages both neuroplasticity and neurogenesis. It is highly recommended to take all sessions for best results. Workshops are led by Julie Rauer and Bruce Gemmel, founders of the Art Science Complex.</p>	<p><b>Alzheimer's Association</b> 5075 Shoreham Place Suite 240 San Diego, CA 92122</p> <p>RSVP by phone 800.272.3900 Walk-ins welcomed</p>

Day & Time	Caregiver Support Groups	Contact
<p><b>Wednesday, January 10</b> 10:00 a.m.—11:30 a.m.</p> <p><i>(2nd Wednesday of the month)</i></p>	<p><b>*NEW* In-Person Support Group for Caregivers</b> The Alzheimer's Association offers support groups for family caregivers of a loved one with Alzheimer's disease or a related dementia. Our support groups are free of charge and walk-ins are welcome.</p>	<p><b>OUR OFFICE</b> <b>Alzheimer's Association</b> 5075 Shoreham Place Suite 240 San Diego, CA 92122</p>

Day & Time	Over-the-Phone Education	Location
<p><b>Friday, January 5</b> 1:00 p.m.-2:00 p.m.</p> <p><i>(To receive dial-in instructions, please call 800.272.3900)</i></p>	<p><b>Safety at Home in the Middle Stage</b> As Alzheimer's progresses, a person's abilities change but with creativity and problem solving, you can adapt the home to support these changes. Join us to discuss home safety including adapting the home environment, firearm safety, wandering and getting lost.</p>	<p>The teleconference is free, but pre-registration by January 4 is required. Once you have registered for the class, the dial-in instructions will be emailed by the end of the day on January 4.</p>

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Day & Time	Online Education	Location
<p><b>Available anytime:</b> 24 hours a day 7 days a week 365 days a year</p>	<p><b>Topics include:</b></p> <ul style="list-style-type: none"> <li>• Healthy Living for your Brain and Body</li> <li>• The Basics</li> <li>• Effective Communication Strategies</li> <li>• Understanding and Responding to Dementia-Related Behavior</li> <li>• Legal and Financial Planning for Alzheimer's Disease</li> <li>• Living with Alzheimer's</li> <li>• Know the Ten Signs: Early Detection Matters</li> <li>• And many more!</li> </ul>	<p><b>Website:</b> training.alz.org</p> <p><b>Español:</b> <a href="http://training.alz.org/espanol">http://training.alz.org/espanol</a></p>

To request a **FREE** program in your community, contact  
Rebecca Turman at [rturman@alz.org](mailto:rturman@alz.org)

Sign up for our e-newsletter by visiting [www.alz.org/sandiego](http://www.alz.org/sandiego)

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