

ALL PROGRAMS ARE FREE - TO REGISTER: 1.800.272.3900 OR WWW.ALZ.ORG/SANDIEGO

The Basics: An Orientation to Memory Loss

A class designed specifically for families and caregivers who are new to living with and caring for someone with memory loss, dementia or Alzheimer's disease. Ask questions, get connected to resources and begin planning for the future.

April 2, 10:00 AM - 11:30 AM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

May 7, 10:00 AM - 11:30 AM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

June 3, 4:00 PM - 5:00 PM

Crest Library
105 Juanita Lane, El Cajon, CA 92021

June 4, 10:00 AM - 11:30 AM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

June 10, 10:00 AM - 11:00 AM *En español

Casa Familiar
1901 Del Sur Boulevard, San Ysidro, CA 92173

Know the 10 Signs: Early Detection Matters

Learn the difference between normal aging and the warning signs for Alzheimer's disease, as well as the benefits of getting a diagnosis.

April 8, 10:00 AM - 11:00 AM

East County Chamber of Commerce
201 South Magnolia Avenue
El Cajon, CA 92020

May 26, 10:00 AM - 11:00 AM

La Mesa Adult Enrichment Center
8450 La Mesa Boulevard
La Mesa, CA 91942

April 17, 10:00 AM - 11:00 AM

McClellan Senior Center
1400 Vale Terrace Drive
Vista, CA 92084

June 16, 11:00 AM - 12:00 PM

Temple Solel
285 North El Camino Real, Ste 215
Encinitas, CA 92024

NEW! Healthy Habits for a Healthier You

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and reduce the risk of cognitive decline. Join us to learn more about the lifestyle habits that are associated with healthy aging: cognitive activity, physical health and exercise, diet and nutrition and social engagement.

April 7, 10:00 AM - 11:00 AM

La Mesa Adult Enrichment Center
8450 La Mesa Boulevard
La Mesa, CA 91942

May 8, 2:00 PM - 3:00 PM

San Carlos Branch Library
7265 Jackson Drive
San Diego, CA 92119

April 10, 10:00 AM - 11:00 AM

Vista Library
700 Eucalyptus Avenue
Vista, CA 92084

May 15, 10:00 AM - 11:00 AM

Oceanside Senior Citizens Center
455 Country Club Lane
Oceanside, CA 92054

April 22, 10:00 AM - 11:00 AM

Rancho Penasquitos Branch Library
13330 Salmon River Road
San Diego, CA 92129

May 21, 10:00 AM - 11:00 AM

Carlsbad Senior Center
799 Pine Avenue
Carlsbad, CA 92008

April 30, 10:00 AM - 12:00 PM

Imperial Beach Senior Center
1075 8th Street
Imperial Beach, CA 91932

May 30, 2:00 PM - 3:00 PM

Fletcher Hills Branch Library
576 Garfield Avenue
El Cajon, CA 92020

May 1, 1:00 PM - 2:00 PM

Bonita-Sunnyside Community Library
4375 Bonita Road
Bonita, CA 91902

June 11, 6:30 PM - 7:30 PM

Fallbrook Library
124 S. Mission Road
Fallbrook, CA 92028

The Latest in Alzheimer's Research

As the number of people affected by Alzheimer's disease rises, the effort to find prevention strategies continues to gain momentum. Learn about the latest findings in Alzheimer's research.

April 28, 11:30 AM - 1:30 PM

Rancho Santa Fe Library
17040 Avenida De Acacias, RSF, CA 92091

*Lunch provided by Stellar Care at Collwood Terrace

May 11, 11:00 AM - 12:00 PM

Temple Adat Shalom, North County Inland Center
15905 Pomerado Road, Poway, CA 92064

Are you caring for someone with dementia? Do you need a break?

ALZ Companions
Respite & relief for families



Our companion respite program may be a great fit for you and your family. Our specially trained companion volunteers can provide:

Companionship • Socialization • Supervision

ALZ Companions can provide you with a break, which is an essential part of the support families find helpful when caring for a family member with dementia at home.

"Having the time to visit with friends, run errands, get my hair done and attend an Alzheimer's Association support group has been wonderful." - Respite Participant

Call us today: 858.492.4400

Please join us to learn more!
Open House: May 5, 10:30 AM - 12:00 PM

Legal & Financial Planning For Alzheimer's Disease

One must consider the legal and financial issues that arise when someone is living with Alzheimer's disease. Learn directly from legal and financial professionals on getting the right paperwork in place for decision making and planning for the future.

April 7, 1:00 PM - 3:00 PM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

May 29, 10:00 AM - 12:00 PM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

May 18, 9:00 AM - 10:00 AM

McGrath Family YMCA
12006 Campo Road
Spring Valley, CA 91978

June 19, 9:00 AM - 11:00 AM

McClellan Senior Center - Azalea Room
1400 Vale Terrace Drive, Vista, CA 92084

Effective Communication Strategies

This class introduces how dementia affects communication and what changes to anticipate through the progression of the disease. Participants will learn to develop compassionate communication skills and how to respond in helpful ways.

April 14, 10:00 AM - 11:00 PM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

June 9, 10:00 AM - 11:00 AM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

May 12, 10:00 AM - 11:00 AM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

Understanding the Stages of Alzheimer's Disease

Learning to Live with Early Stage Dementia

Learning to live with the early stage of dementia is easier when you understand the disease, have an idea of what to expect, can build a support system and start planning for the future.

June 15, 2:00 PM - 5:00 PM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

Living with Alzheimer's In The Middle Stage

This class will assist caregivers and families with helpful strategies for providing safe and comfortable care in the middle stage of Alzheimer's disease. (Not recommended for persons with dementia.)

May 14, 3:00 PM - 5:30 PM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

Preparing for the Late Stage of Alzheimer's Disease

Learn what to expect during the advanced stage of Alzheimer's disease, explore options for care and learn how to nurture the relationship with your loved one in new ways. (Not recommended for persons with dementia.)

April 15, 9:30 AM - 11:30 AM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

Staying Safe & Maintaining Independence at Home

There are several safety issues to consider when living with or caring for someone with dementia. This class provides tips on ensuring a safe home environment, preventing falls and reducing the risk of wandering.

May 19, 10:00 AM - 11:00 AM

Rancho Santa Fe Library
17040 Avenida De Acacias, RSF, CA 92091

June 26, 10:00 AM - 11:00 AM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

Early Stage Programs



Join us for an 8-week educational support program for persons with early stage memory loss and their care partners.

Now enrolling for Spring and Summer Sessions!



Get out, get active and get connected! Early Stage Connections offers a comfortable way to have fun and socialize with others who are living in the early stage of Alzheimer's disease or another dementia.

2nd and 4th Thursday of the month
Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

A brief interview is required for Early Stage Programs. Please contact Kelly Rein, MSW at 858-966-3291 to schedule an interview.

NEW! Wellness Series

Exploring ways to bring comfort, balance and peace to the daily routine. Held monthly at the Alzheimer's Association from 4:00 PM - 5:30 PM.

April 27, Finding Comfort and Relaxation with Essential Oils

Learn how nature's first medicine can help reduce symptoms of anxiety, agitation, sadness, tension, insomnia and more. Experience the healing and calming effects of essential oils while learning how to incorporate them into your daily routine.
Jana Tzinberg, Essential Oils Practitioner

May 26, Tai Chi and Qi Gong for Relaxation and Energy

Tai Chi and Qi Gong have been considered the key to aging gracefully for thousands of years in China. Come experience how different exercises can help you feel more energized or more relaxed. Learn about the connections between exercise and the immune system and brain health.
Justin Ehrlich, L.Ac., Board Certified Classical Chinese Medicine Practitioner

June 22, Yoga and Sound Healing for You

Come join us for some gentle yoga poses while experiencing the soothing sound of crystal bowls. Both will leave you feeling nurtured, peaceful, and relaxed...a perfect way to take care of YOU!
Amy Feiner, Holistic Healing And Yoga

Get Social!

Check out the activities held at the Alzheimer's Association that are designed for persons with dementia to attend with a care partner.

Memories in the Making® Art Program

Express yourself through art.
1st and 3rd Friday of the month
10:00 AM - 11:30 AM

C. L. U. B.

Stay Social! Be Active! Have Fun!

1st Wednesday of the month
10:00 AM - 11:30 AM
3rd Wednesday of the month
1:00 PM - 2:30 PM

Music Centered Wellness

Using music for stress reduction and fun.
2nd Friday of the month
10:00 AM - 11:30 AM

More Info: 858.966.3292

Understanding & Responding to Dementia-Related Behavior

Some of the greatest challenges of caring for someone with dementia are the personality and behavior changes that can occur. Participants will learn how to identify common causes of behavior and develop strategies to manage challenging dementia-related behaviors.

April 21, 10:00 AM - 11:00 AM

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May 19, 10:00 AM - 11:00 AM

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Confessions of a Caregiver

The life of caring for someone with dementia can be challenging, exhausting and leave you wondering if you are doing the right thing. Join us to hear the honest truth and get your questions answered by a panel of family members who care for someone with dementia. Ask them how they handle situations, what strategies work for them or just how they make it through the day.

May 22, 10:00 AM - 12:00 PM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

Dementia Conversations

This class offers tips on how to have honest and caring conversations with family members about going to the doctor, driving and making legal and financial plans for the future.

June 9, 6:30 PM - 7:30 PM

North Park Branch Library
3795 31st Street, San Diego, CA 92104

NEW! Talking to Kids About Dementia

Alzheimer's disease can have a big impact on every member of the family, including kids and teens. Join us for tips on how to talk with kids, help them stay connected to the person with dementia and ways to support them through the challenges that can come with dementia.

April 16, 10:00 AM - 12:00 PM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

June 23, 10:00 AM - 11:00 AM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111



Caring for a person with dementia can feel isolating and overwhelming, but you are not alone! Join a **Family & Friend Support Group** and:

- Build relationships and learn from other caregivers who understand what you are going through.
- Develop new coping strategies and healthy lifestyle practices for you and your loved one.
- Find comfort, strength and hope in a compassionate and safe environment, led by a trained group leader.

More Info: 858.966.3303
www.alz.org/sandiego

Introduction to Care and Support Options

Whether you are a new caregiver or are ready to consider additional help, this class is for you! This class will provide an overview of options available for dementia care and how to pay for it.

April 20, 11:00 AM - 12:00 PM

Grossmont HealthCare
District Conference Center
9001 Wakarusa Street, La Mesa, CA 91942

May 28, 1:00 PM - 2:00 PM

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111

June 4, 2:00 PM - 3:00 PM

The Sharp Health Auditorium
8520 Tech Way, San Diego, CA 92123

Register/More Info at:
www.alz.org/sandiego
or 800.272.3900

PROGRAMS & EVENTS CALENDAR



APRIL - JUNE 2015

To Register Or For More Information:
1.800.272.3900 | www.alz.org/sandiego

24/7 Helpline: 800.272.3900
Get your questions answered by reliable friendly experts.

Mark Your Calendar!
June 21 - The Longest Day: www.alz.org/tld
July 18 - Caregiver Conference: Skyline Church
WALK TO END ALZHEIMER'S
SIGN UP TODAY: Alz.org/sandiego - 858.966.3319
October 3 - Oceanside Pier - 4 PM
October 17 - Balboa Park - 8 AM

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San Diego, CA 92111