

Summer/Fall 2010

For more information on **educational opportunities**, please contact Diane Darby Beach, Community Education Manager, at 858.492.4400 or e-mail diane.beach@sanalz.org

Addressing Behavior through Compassionate Communication

Communication is more than the ability to exchange words; it is the ability to connect with someone. Upon completion of this program, attendees will be able to articulate tips to improve their overall communication skills with memory-impaired individuals. *All participants will receive a copy of the book Understanding Challenging Behaviors, thanks to a generous grant from the Samuel and Katherine French Charitable Trust.*

Wednesday, July 7 10 a.m. – 12 noon
Grossmont Healthcare District Conference Center
9001 Wakarusa Street, La Mesa, CA 91942
800.827.4277 to register

Monday, August 16 1– 3 p.m.
Alzheimer's Association
6632 Convoy Court, San Diego, 92111
858.492.4400 to register

Thursday, September 23 12 noon – 2 p.m.
Rancho Bernardo Library Community Room
17110 Bernardo Center Drive
San Diego, CA 92128
858.492-4400

Monday, October 25 10 a.m. – 12 noon
Grossmont Healthcare District Conference Center
9001 Wakarusa Street, La Mesa, CA 91942
800.827.4277 to register

Artistic Expressions

The Artistic Expressions teaches the Memories in the Making® art program methods. This class is designed for caregivers seeking creative activities to enjoy with the older adults in their care. The class will expand the participants' knowledge of the brain healthy benefits of creativity for older adults, teach artistic techniques, and provide ideas for creative expression through the visual arts. Upon completion of the class participants will be able to purchase a Memories in the Making® Art Kit. For a list of class locations and times, please contact 858.492.4400.

Tuesday, August 31 6 – 8 p.m.
Alzheimer's Association
6632 Convoy Court, San Diego, 92111
858.492.4400 to register

Brain Healthy Cooking

Many foods have been linked to maintaining and sustaining a healthy brain. This class will help participants identify and prepare brain healthy foods. Participants will identify why certain foods are more “brain healthy” than others and a chef-led cooking demonstration will follow.

Wednesday, August 4 12 – 2 p.m.

Silvergate Retirement Residence
1550 Security Place, San Marcos, CA 92078
858.492.4400 to register

Caring and Grieving

Caring for someone with dementia requires simultaneous grieving while caring. This class is designed to help both current and past caregivers through the grieving and loss process. As a result of attending this workshop, participants will be able to 1) identify the stages of grief, 2) recognize the roller coaster of emotions involved in the grief process, and 3) begin bringing the grief process to resolution.

Wednesday, July 21 12 – 2 p.m.

Silverado Senior Living, Encinitas
335 Saxony Road, Encinitas, CA 92024
760.753.1245 to register

Dementia and Safety: Is Your Loved One at Risk?

Taking care of someone with dementia presents a myriad of safety issues for both the individual and caregiver. These include (but are not limited to) falling, medication mis-use, safety issues at night, un-safe use of appliances, engagement with unknown individuals, and wandering. At the end of this course, participants will be able to: 1) identify at-risk safety issues, 2) articulate how to address potential safety threats, 3) prevent risky behaviors by modifying the living environment, 4) use safety products in the home, and 5) decide when the home environment is no longer safe.

Friday, September 24 10 a.m. – 12 noon

Alzheimer’s Association
6632 Convoy Court, San Diego, CA 92111
858.492.4400 to register

Early Memory Loss: Tools for Successful Living

Early stage Alzheimer’s disease may require many changes in daily routines. However, there are a number of ways to maintain and even increase ones quality of life. These include improving nutrition, participating in physical exercise, and maintaining social and family relationships. During this workshop, participants will learn about early memory loss and identify ways to enhance daily living.

Tuesday, July 27 10 a.m. – 12 noon

Sharp Memorial Hospital, Outpatient Pavilion
3075 Health Center Drive, San Diego, CA 92123
800.827.4277 to register

Wednesday, October 27 10 a.m. – 12 noon

Sun and Sea Manor
740 7th Street, Imperial Beach.

Family Orientation

The Family Orientation is designed for care partners and family members who are new to the disease. This interactive orientation provides an overview of memory loss and dementia, as well as an opportunity to begin connecting with other Alzheimer's Association programs and services. All attendees will receive a free copy of *Coach Broyles' Caregiver Playbook*.

Thursday, July 15 2 – 4 p.m.

Paradise Village
2700 East 4th Street, National City, CA 91950
858.492.4400 to register

Saturday, August 7 10 a.m. – 12 noon

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111
858.492.4400 to register

Thursday, September 16 4 – 6 p.m.

Las Villas Del Norte
1325 Las Villas Way, Escondido, CA 92026
858.492.4400 to register

Thursday, October 14 10 a.m. – 12 noon

Edgemoor Hospital
9065 Edgemoor Drive, Santee, 92071
858.492.4400 to register

Finding the Balance in CAREGIVING

Are you providing care for a family member or friend? Are you concerned about the well being of your parents? Join other family caregivers at this free educational event sponsored by AARP and the Caregiver Coalition. Continental breakfast and lunch will be provided.

Saturday, July 17 8:30 a.m. – 2:30 p.m.

Foothills United Methodist Church
4031 Avocado Boulevard, La Mesa, CA 91941
800.827.4277 to register

Know the 10 Signs: Early Detection Matters

Current data suggests that less than 35 percent of people with Alzheimer's disease or other dementias have a diagnosis of the condition in their medical record. The Alzheimer's Association's, *Know the 10 Signs: Early Detection Matters* workshop provides attendees with information about the difference between normal aging and Alzheimer's disease.

Thursday, July 8 10 a.m. – 12 noon

Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111
858.492.4400 to register

Wednesday, October 6 12:00 – 2:00 p.m.

Silverado Senior Living, Encinitas
335 Saxony Road, Encinitas, CA 92024
760.753.1245 to register

Living a Brain Healthy Lifestyle

Your brain plays a critical role in almost everything you do. The good news is that we now know there is a lot that you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementias. After attending this informative and engaging workshop, participants will be able to identify specific brain healthy foods and how they strengthen brain cells and recognize the importance of social activities in stimulating mind and body.

Friday, July 9 2:30 – 4:30 p.m.
Mt. Miguel Covenant Village
325 Kempton Street, Spring Valley, CA 91977
858.492.4400 to register

Making the Placement Decision: A Workshop for Family Caregivers and Healthcare Professionals

The decision to move a loved one into any type of long-term care facility —whether an assisted living setting, skilled nursing facility, or dementia care unit —can be a complicated and overwhelming one. After attending this workshop, participants will be able to identify some of the emotional issues involved in placement and recognize methods to assist in easing the transition to placement.

Saturday, August 7 10 a.m. – 12 noon
Sun and Sea Manor
740 7th Street, Imperial Beach, CA 91932
858.492.4400 to register

The Savvy Caregiver Training Program

The Savvy Caregiver Program is like a mini-college course on care giving. It provides twelve hours of training over six weeks, giving family caregivers the kind of training and tools that professionals receive. After attending this series, caregivers will be able to take the person's disease stage into account in daily tasks, employ important self-care skills, and manage family dynamics involved in the care giving process.

Tuesdays, August 3 through September 7
10 a.m. – 12 noon
Center for Health Promotion Wellness
Center
Paradise Valley Hospital
2345 E. 8th Street, National City, CA 91950
858.492.4400 to register

Tuesdays, October 5 through November 16
10 a.m. – 12 noon
Alzheimer's Association Main Office
6632 Convoy Court, San Diego, CA 92111
858.492.4400 to register

Understanding Caregiver Emotions

Caregivers often become emotional casualties during the process of providing care for their loved ones. At the conclusion of this seminar, caregivers will know: 1) How to deal with feelings of anger and other emotions, 2) How to recognize the factors that contribute to caregiver anger and 3) How to healthfully express anger, thereby reducing caregiver stress.

Tuesday, September 21 10 a.m. – 12 noon
Alzheimer's Association
6632 Convoy Court, San Diego, CA 92111
858.492.4400 to register