

IN-PERSON EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



NOVEMBER 2023

Effective Communications Strategies

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and learn tips to better communicate with people living with the disease.

Wednesday, November 1 | 5:30-6:30PM

Caregiver Resource Center

130 W. Bastanchury, Fullerton CA 92835

[REGISTER](#)

Healthy Living for Your Brain and Body

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways to incorporate changes into a plan for healthy aging.

Wednesday, November 1 | 6:00-7:00PM

Yorba Linda Library

4852 Lakeview Ave., Yorba Linda, CA 92886

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Thursday, November 9 | 2:00-3:00PM

Westminster Terrace

7571 Westminster Blvd. Westminster, CA 92683

[REGISTER IN-PERSON](#)

Thursday, November 9 | 3:00-4:00PM

Overture Rancho Santa Margarita

30824 La Miranda, Rancho Santa Margarita, CA 92688

[REGISTER IN-PERSON](#)

SEEKING VOLUNTEERS!

Join our volunteer orientation to learn more about available positions in your area.

Last Wednesday of the Month
12:00-1:00 PM via ZOOM
bit.ly/volunteer4alz

**Alzheimer's Association
24/7 Helpline:
800-272-3900**

Call for free, around-the-clock help and the latest information.

Llame para obtener ayuda y informacion en español gratuita las 24 horas.

ONLINE PROGRAMS

Presented by the Alzheimer's Association®



NOVEMBER/NOVIEMBRE 2023

ONLINE EDUCATION

Accessible by Zoom with the option to dial in via phone. Advance registration is required to receive login information. All times are PST.

10 Warning Signs of Alzheimer's

Learn about typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, and the benefits of a diagnosis.

Monday, November 13 | 1:00-2:00PM

[REGISTER](#)

Managing Money: A Caregiver's Guide to Finances

If you or someone you know is affected by Alzheimer's disease or dementia, the time for planning is now. Learn about important legal and financial issues you may face and how to put plans in place.

Thursday, November 30 | 6:00-7:00PM

[REGISTER](#)

Understanding and Responding to Dementia-Related Behaviors

Review caregiver tips and strategies to respond to some common behaviors associated with dementia such as agitation, confusion, wandering, and more.

Thursday, November 9 | 6:00-7:00PM

[REGISTER](#)

Wednesday, November 15 | 5:30-6:30PM

[REGISTER](#)

PROGRAMAS VIRTUALES

Accesible por Zoom con la opción de marcar por teléfono. Se requiere registro previo para recibir información de inicio de sesión. Todos los horarios son PST.

Conozca las 10 Señales de Advertencia

Participe en esta clase para que aprenda cuales son las 10 Señales de Advertencia de la enfermedad de Alzheimer. Aquí nosotros separamos los mitos de la realidad y discutimos los temores que la gente en América tiene acerca del Alzheimer. Escuche a personas que tienen la enfermedad hablar acerca de

su experiencia y aprenda como reconocer las señales de advertencia en usted y otros.

miércoles, 8 de noviembre | 5:30-6:30PM

[REGISTER](#)



Orange County Chapter