



SAVVY CAREGIVER

A free course for Alzheimer's disease family caregivers

During 6 weeks, 2 hours each week, the following topics will be covered:

- Learn about Alzheimer's disease and dementia
- Learn about the stages of the disease
- How to help your loved one and how to understand difficult behavior
- How to take care of yourself as a caregiver and share experiences

DATES & LOCATIONS

October 8–November 12, 2009
Thursdays, 3:00 PM–5:00 PM
Carson Senior Center
3 Civic Plaza Drive, East Wing, Carson

October 19–November 23, 2009
Mondays, 10:30 AM–12:30 PM
Leeza's Place
at Olympia Medical Center
5901 West Olympic Blvd., #300A
Los Angeles

November 10–December 15, 2009
Tuesdays, 10:00 AM–12:00 PM
Alzheimer's Association
16933 Parthenia St., #200, Northridge

January 26–March 2, 2010
Tuesdays, 1:00 PM–3:00 PM
Vista Cove San Gabriel
901 W. Santa Anita St., San Gabriel

REGISTRATION IS REQUIRED.

To REGISTER or for information, please call: (323) 930-6257
Respite assistance available.
Participants must attend all 6 sessions (2 hrs each, 6 wks).

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alzheimer's association

Sponsored by the Alzheimer's Association

alzheimer's association
Alzheimer's Disease and Related Disorders Association of Los Angeles
California Southland Chapter
5900 Wilshire Blvd., Ste. 1100
Los Angeles, CA 90036

eventos en español

Calendario de eventos, otoño 2009

Cuerpo sano, mente sana

Aprenda cómo la salud del nuestro cuerpo afecta el cerebro y nuestra memoria. En esta charla se hablará sobre los beneficios del ejercicio y la alimentación en el bienestar de su memoria. Aprenda a controlar la diabetes y la hipertensión y el sobrepeso.

Jueves 1 de octubre, 8:00–9:30 AM

Hart Elementary School
21040 Hart Street, Canoga Park
(818) 340-5040

Lunes 5 de octubre, 8:00–9:00 AM

Panorama City Elementary School
Parent Center
8600 Kester Avenue, Panorama City
(818) 895-4230

Lunes 12 de octubre, 7:00–8:00 PM

Consulate General of Mexico-Los Angeles
2401 W. 6th St., Los Angeles
(213) 351-6826

Miércoles 14 de octubre, 10:00–11:30 AM

Thermal Senior Center
87229 Church Street, Thermal
(760) 250-5942

Jueves 5 de noviembre, 7:00–8:00 PM

Our Lady of the Holy Rosary Church-Room 6
7802 Vineland Avenue, Sun Valley
(818) 830-4738

Jueves 12 de noviembre, 12:00–1:00 PM

Rosa Parks Learning Parent Center
8855 Noble St., North Hills
(818) 895-9620

Miércoles 25 de noviembre, 8:00–9:00 AM

Liggett Elementary School
9373 Moonbeam Ave., Room #46
Panorama City
(818) 892-4388

Comprendiendo la comunicación y conductas desafiantes

Aprenda cómo comunicarse y técnicas para controlar conductas difíciles en una persona con problemas de memoria.

Martes 20 de octubre, 1:00–2:00 PM

Sun Valley Public Library- Conference Room
7935 Vineland Avenue, Sun Valley
contact: (818) 830-4738

Establezca una alianza con su doctor

Aprenda cómo prepararse para una cita con el doctor y obtener un mejor cuidado médico para usted y sus seres queridos.

Lunes 26 de octubre, 1:00–2:00 PM

Sun Valley Public Library
Conference Room
7935 Vineland Avenue, Sun Valley
(818) 830-4738



Los horarios, temas y lugares están sujetos a cambio; por favor, llame para asegurarse. Todos los eventos son gratuitos.

calendar of events

Calendario de eventos
fall/otoño 2009

alzheimer's association

The Alzheimer's Association
Mary D. Allen Caregiving
and Education Center

presents

Educational opportunities
for caregivers
and the community

Events held throughout
Los Angeles County
and Inland Empire

calendar of events

fall 2009

health fairs

Fall 2009 Health & Safety Fair
Saturday, October 3, 10:00 AM–2:00 PM
Bright Health Physicians and
Presbyterian Intercommunity Hospital
12322 Washington Blvd., Whittier
contact: (562) 947-8478 X2923

2009 Health Information Fair
Tuesday, October 6, 10:00 AM–3:00 PM
Torrance Memorial Medical Center
3330 Lomita Blvd. Torrance
contact: (310) 784-8731

**2009 Senior Health
Wellness & Information Fair**
Friday, October 9, 9:00 AM–12:00 PM
Cerritos Senior Center
12340 South St., Cerritos
contact: (562) 916-8550

Dunamis Health Fair 2009
Saturday, October 10, 9:00 AM–3:00 PM
Iglesia Fuente de Vida
11134 Saticoy St. Sun Valley
contact: (818) 982-4672

Vive tu vida! Get Up! Get Moving!
Saturday, October 17, 10:00 AM–3:00 PM
Mexican American Opportunity Foundation
East Los Angeles Civic Center
4801 E. 3rd. St., Los Angeles
contact: (323) 313-1636

**Reaching Paramount
Through Health and Safety**
Saturday, October 24, 10:00 AM–2:00 PM
New Commandment Missionary
Baptist Church
15548 Paramount Blvd., Paramount
contact: (562) 953-0455

JFS/Westside Maps Senior Health Fair
Wednesday, October 28, 2:00–6:30 PM
Hollywood Temple Beth El
1317 N. Crescent Heights Blvd.
West Hollywood
contact: (310) 441-2009

Alzheimer's Disease: What's That?

Learn the facts about memory loss,
dementia, and Alzheimer's disease.

Thursday, October 1, 1:30–2:30 PM
Palm Desert Library
73300 Fred Waring Drive, Palm Desert
contact: (760) 346-6552

Wednesday, October 7, 3:30–5:00 PM
ONEgeneration Adult Daycare Program
17400 Victory Blvd., Van Nuys
contact: (818) 708-6376

Thursday, October 8, 10:30 AM–12:00 PM
WISE Adult Day Service Center
1510 Pico Blvd., Santa Monica
contact: (310) 452-7802

Thursday, October 15, 10:00–11:00 AM
La Mirada Community Center
13810 La Mirada Blvd., La Mirada
contact: (562) 903-3160

Monday, October 19, 12:00–1:00 PM
721 Seniors
500 S. Virgil Ave., Los Angeles
contact: (213) 268-8660

Monday, October 19, 6:30–7:30 PM
Torrance Adult School/
Torrance Memorial Hospital
3330 Lomita Blvd., Torrance
contact: (310) 517-4666

Wednesday, October 21, 2:00–3:00 PM
Regency Grand at West Covina
150 S. Grand Ave., West Covina
contact: (626) 332-3344

Friday, October 23, 12:30–2:00 PM
Harbor Terrace Retirement Community
435 W. 8th St., San Pedro
contact: (310) 547-0090

Monday, November 9, 2:00–3:00 PM
First African Presbyterian Church
6825 Crenshaw Blvd., Los Angeles
contact: (323) 971-2959

Monday, November 16, 6:30–7:30 PM
LAPL-Memorial Branch
4625 W. Olympic Blvd., Los Angeles
contact: (323) 938-2732

Healthy Body Healthy Brain

Learn how taking care of your body has a direct impact
on brain health. Exercise, good nutrition and overall
health will be discussed. Specific attention will focus on
the management of diabetes, hypertension and weight.

Friday, October 9, 8:30–9:30 AM
Tarzana Elementary School
5726 Topeka Drive, Tarzana
contact: (818) 881-1424

Tuesday, October 13, 9:30–11:00 AM
Vista Cove at Joslyn Senior Center
73750 Catalina Way, Palm Desert
contact: (760) 324-4604

Thursday, October 15, 2:30–3:30 PM
Bridgepoint at Beverly Hills
220 N. Clark Dr., Beverly Hills
contact: (310) 860-9234

Wednesday, November 4, 10:00–11:00 AM
Cerritos Senior Center
12340 South Street, Cerritos
contact: (562) 916-8550

Friday, November 6, 10:00–11:00 AM
Whittier Senior Center
13255 Walnut St., Whittier
contact: (562) 464-3368

Friday, November 13, 12:30–2:00 PM
Harbor Terrace Retirement Community
435 W. 8th St., San Pedro
contact: (310) 547-0090

Long Term Care: Choices and Options

This class will teach you how to receive care
at home, in assisted living facilities, and
nursing homes as well as answer questions
such as: how much will my care cost, what are
the different kinds of care, and what is hospice?

Friday, October 9, 10:00–11:00 AM
Whittier Senior Center
13225 Walnut St., Whittier
contact: (562) 464-3370

Thursday, October 15, 12:45–2:15 PM
Israel Levin Senior Center
201 Ocean Front Walk, Venice
contact: (310) 396-0205

Wednesday, November 4, 1:00–2:00 PM
Leeza's Place at Olympia Medical Center
5901 West Olympic Blvd., Ste. 300A,
Los Angeles
contact: (323) 932-5414

calendar of events

Event day, time, topic and location are subject to change;
please call site in advance to confirm. All events are free.

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Medi-Cal for Long Term Care

This class will teach you about how Medi-Cal pays for
long term nursing home care, about financial eligibility
for Medi-Cal for single and married people, and a little
about the Medi-Cal recovery program.

Thursday, October 29, 12:45–2:15 PM
Israel Levin Senior Center
201 Ocean Front Walk, Venice
contact: (310) 396-0205

Wednesday, November 18, 10:00–11:00 AM
Whittier Senior Center
13225 Walnut St., Whittier
contact: (562) 464-3370

Memory Loss & Aging

Know how memory works, the changes in memory as we
age, and tips on how to maintain and improve memory.

Thursday, October 22, 6:00–7:30 PM
Glen-park Retirement
1250 Boynton St., Glendale
contact: (818) 246-9000

Wednesday, October 28, 9:40–10:40 AM
ADAT ATI EL
12020 Burbank Blvd., Valley Village
contact: (818) 784-0651

Tuesday, November 3, 6:30–8:00 PM
Sunrise of Pacific Palisades
15441 Sunset Blvd., Pacific Palisades
contact: (310) 573-9545

Tuesday, November 17, 10:30 AM–12:00 PM
Hi Desert Medical Center
6601 White Feather Road, Joshua Tree
contact: (760) 366-6324

Wednesday, November 18, 11:00 AM–12:00 PM
HealthCare Partners
Bally's 750 W. Route 66, Glendora
contact: (800) 477-5557

Thursday, November 19, 2:30–3:30 PM
Bridgepoint at Beverly Hills
220 N. Clark Dr., Beverly Hills
contact: (310) 860-9234

Thursday, November 19, 7:00–8:00 PM
Burbank Adult School - Auditorium
3811 W. Allan Avenue, Burbank
contact: (818) 830-4738

Friday, November 20, 12:00–1:00 PM
Weingart-Lakewood YMCA
5835 Carson St., Lakewood
contact: (562) 425-7431

Partnering With Your Doctor

A workshop on how to get the most out of your doctor
visits by coming prepared and being an active partner
in your health care.

Thursday, November 12, 1:00–2:30 PM
City of Manhattan Beach, Older Adult Program
1601 Valley Drive, Manhattan Beach
contact: (310) 802-5447

Monday, November 16, 1:30–3:00 PM
Regency Grand at West Covina
150 S. Grand Ave., West Covina
contact: (626) 332-3344

Saturday, November 21, 1:00–2:00 PM
Aegis of Granada Hills
10801 Lindley Ave., Granada Hills
contact: (818) 363-3373

Understanding Communication and Challenging Behaviors

Learn communication techniques and steps to
understand the causes of common behavior problems
when caring for someone with memory loss.

Tuesday, October 20, 5:00–6:30 PM
WISE Adult Day Service Center
1510 Pico Blvd., Santa Monica
contact: (310) 452-7802

Update on Research

Learn the latest research on memory loss,
risk reduction and Alzheimer's disease.

Tuesday, October 13, 1:00–2:30 PM
Vista Cove at San Gabriel
901 W. Santa Anita St., San Gabriel
contact: (626) 289-8889

Wednesday, October 21, 10:00–11:00 AM
Cerritos Senior Center
12340 South Street, Cerritos
contact: (562) 916-8550

Thursday, November 5, 2:00–3:30 PM
Sunrise of Santa Monica
1312 15th St., Santa Monica
contact: (310) 899-1976

Monday, November 9, 10:30–11:30 AM
Hillcrest Retirement Community
Hillcrest Aquatic & Fitness Center
2700 A Street, La Verne
contact: (909) 392-4059

Friday, November 20, 10:45 AM–12:00 PM
National Association of Active & Retired
Federal Employees
Carson Community Center
801 E. Carson St., Carson
contact: (310) 635-2397

Friday, November 20, 1:00–1:45 PM
National Association of Active & Retired
Federal Employees
General Aviation Center
3301 Airport Drive, Torrance
contact: (310) 675-3196

Vascular Dementia and Stroke

Learn the risk factors associated
with stroke-related memory loss.

Friday, October 9, 12:45–1:45 PM
Alicia Broadous Duncan
Multipurpose Senior Center
11300 Glenoaks Blvd., Pacoima
contact: (818) 834-6100

Friday, October 16, 12:45–1:45 PM
Alicia Broadous Duncan
Multipurpose Senior Center
11300 Glenoaks Blvd., Pacoima
contact: (818) 834-6100

Video Presentation: The Forgetting

A 90-minute award-winning documentary
produced by PBS about Alzheimer's disease,
research, treatment, and caregiving.

Thursday, October 8, 12:45–2:15 PM
Israel Levin Senior Center
201 Ocean Front Walk, Venice
contact: (310) 396-0205

Wednesday, November 18, 3:30–5:00 PM
ONEgeneration Adult Daycare Program
17400 Victory Blvd., Van Nuys
contact: (818) 708-6376

Thursday, November 19, 10:30 AM–12:30 PM
Thousand Palms Library
31889 Robert Road, Thousand Palms
contact: (760) 343-1556

Who's in Charge?

Learn what a Power of Attorney is,
how a Financial Power of Attorney
can help you, how to plan for incapacity
and avoid court battles over your care.

Wednesday, October 7, 1:00–2:00 PM
Leeza's Place at Olympia Medical Center
5901 West Olympic Blvd., Ste. 300A,
Los Angeles
contact: (323) 932-5414

Thursday, October 22, 12:45–2:15 PM
Israel Levin Senior Center
201 Ocean Front Walk, Venice
contact: (310) 396-0205

Friday, October 23, 12:00–1:30 PM
Circle of Care Leeza's Place
5000 Van Nuys Blvd., #110, Sherman Oaks
contact: (818) 817-3259

Tuesday, November 10, 1:00–2:30 PM
Vista Cove at San Gabriel
901 W. Santa Anita St., San Gabriel
contact: (626) 289-8889

alzheimer's association

800 272 3900 Helpline
800 633 5767 Línea de ayuda
www.alz.org/californiasouthland