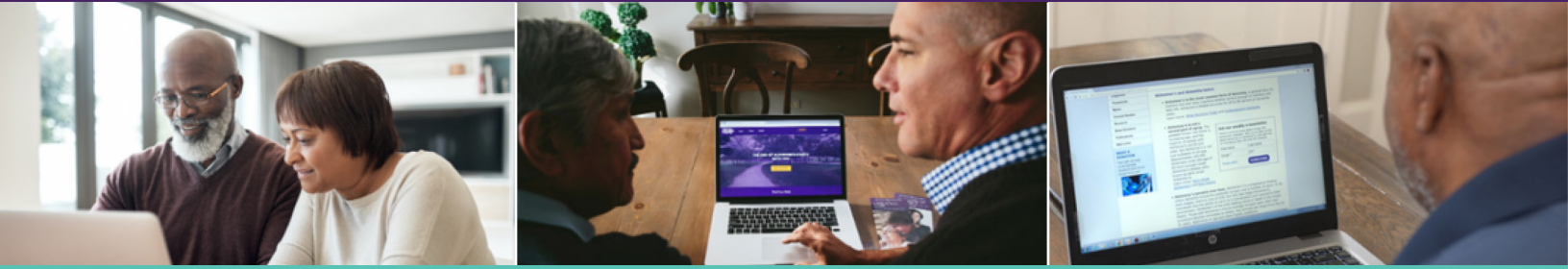


VIRTUAL PROGRAMS

Presented by the Alzheimer's Association®



MAY 2026

Accessible by Zoom with the option to dial in via phone. Advance registration is required to receive login information. To register: scan the QR code at the top right corner of this flyer, click on the hyperlinks in the PDF, or call our Orange County chapter office at 949-426-8544. All times are PST.

Understanding Alzheimer's & Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Thursday, May 7 | 2:00-3:00PM

[REGISTER ONLINE](#)

New Advances in Alzheimer's Treatments

Learn about new advancements in Alzheimer's treatments. This program will provide an overview of how disease modifying treatments slow disease progression, who are the intended candidates to receive the treatments, availability, and more.

Thursday, May 7 | 6:00-7:00PM

[REGISTER ONLINE](#)

Thursday, May 21 | 6:00-7:00PM

[REGISTER ONLINE](#)

Responding to Dementia-Related Behaviors

Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Friday, May 8 | 3:00-4:00PM

[REGISTER ONLINE](#)

Wednesday, May 27 | 10:00-11:00AM

[REGISTER ONLINE](#)

Building Foundations of Caregiving + Exploring Care and Support Services

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

Thursday, May 12 | 6:00-7:15PM

[REGISTER ONLINE](#)

Wednesday, May 19 | 6:00-7:00PM

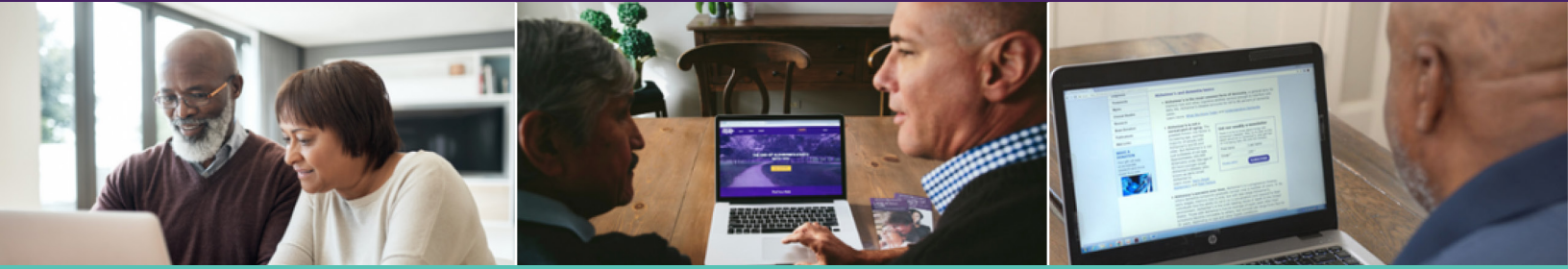
[REGISTER ONLINE](#)

Tuesday, May 26 | 2:00-3:00PM

[REGISTER ONLINE](#)

VIRTUAL PROGRAMS

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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.

Thursday, May 14 | 12:00-1:00PM

[REGISTER ONLINE](#)

Supporting Independence

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Thursday, May 14 | 6:00-7:00PM

[REGISTER ONLINE](#)

Communicating Effectively

As people living with dementia progress in their journey and lose the ability to use words, caregivers can discover new ways to communicate effectively in any stage of the disease. Learn how dementia affects communication, how person-centered approaches can improve communication and much more.

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

[REGISTER ONLINE](#)

Building Brain-Healthy Habits

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia. Join us to learn about healthy habits for your brain; the brain-heart connection; why brain health is important at all ages, and how to build your personalized action plan for brain-healthy habits.

Tuesday, May 19 | 6:00-7:00PM

[REGISTER ONLINE](#)

Wednesday, May 20 | 4:00-5:00PM

[REGISTER ONLINE](#)

PROGRAMAS EDUCATIVOS

Presented by the Alzheimer's Association®



MAY 2026 - EN ESPAÑOL

Advance registration is required. To register: scan the QR code at the top right corner of this flyer, click on the hyperlinks in the PDF, or call our Orange County chapter office at 949-426-8544. All times are PST.

PRESENCIAL

Vida saludable para tu cerebro y tu cuerpo

Descubra qué investigaciones han demostrado sobre las opciones de estilo de vida que pueden ayudarle a mantener su cerebro y cuerpo sanos a medida que envejece. Descubra maneras prácticas de incorporar cambios a un plan para un envejecimiento saludable.

miércoles, 20 de mayo | 9:30-10:30AM

ABRAZAR, Inc.

Midway Community Center 14900 Park Ln. Midway City, CA 92655

[CLICK HERE TO REGISTER!](#)

VIRTUAL

Comunicarse Eficazmente

Enseña cómo la demencia afecta la comunicación e incluye consejos para comunicarse bien con familiares, amigos y profesionales de la salud.

martes, 19 de mayo | 6:30-7:30PM

[REGISTER ONLINE](#)

VIRTUAL

Vida saludable para tu cerebro y tu cuerpo

Descubra qué investigaciones han demostrado sobre las opciones de estilo de vida que pueden ayudarle a mantener su cerebro y cuerpo sanos a medida que envejece. Descubra maneras prácticas de incorporar cambios a un plan para un envejecimiento saludable.

miércoles, 27 de mayo | 4:00-5:00PM

[REGISTER ONLINE](#)