

## ONLINE EDUCATION PROGRAMS

The following classes are hosted via Zoom. Advanced registration is required to ensure that you receive login information. Register at [bit.ly/ALZeducation](https://bit.ly/ALZeducation).

### Dementia Conversations

Tuesday, April 4th | 2 - 3pm

### Effective Communication Strategies

Thursday, April 6th | 10 - 11am

### Healthy Living for Your Brain & Body

Tuesday, April 4th | 11 - 12pm

### Managing Money:

#### A Caregiver's Guide to Finances

Thursday, April 27th | 6 - 7:15pm

### Living with Alzheimer's

#### for Caregivers of those in Mid Stage

Part 1: April 12th | 11 - 12pm

Part 2: April 19th | 11 - 12pm

Part 3: April 26th | 11 - 12pm

### Ten Warning Signs of Alzheimer's

Thursday, April 6th | 1 - 2:30pm

### Understanding & Responding to Dementia-related Behaviors

Thursday, April 6th | 6 - 7:15pm

### Understanding Alzheimer's & Dementia

Thursday, April 20th | 1 - 2:30pm

**Registration is required. If you need assistance, please contact us at [cccprograms@alz.org](mailto:cccprograms@alz.org) or call 805.892.4259**

## CLASES EN ESPAÑOL

Regístrate en [bit.ly/ALZeducacion](https://bit.ly/ALZeducacion)

### Conozca las 10 Señales De Advertencia

Miércoles, 12 de abril | 5:30 - 6:30pm

### Conversaciones de demencia

Jueves, 13 de abril | 6:30 - 7:30pm

## SPECIAL EVENTS

### ➤ Central Coast Caregiver Conference

Wednesday, April 5th | 9am - 4pm

An online drop-in webinar with six guest speakers touching on a range of topics important to all caregivers and anyone interested in learning more about dementia.

Learn more and register at [bit.ly/alz2023](https://bit.ly/alz2023)

### ➤ Thrive with Pride: Becoming a Compassionate Caregiver

Wednesday, April 12th | 4 - 5pm

Presented online via Zoom

Register at [tinyurl.com/alzthrivewithpride](https://tinyurl.com/alzthrivewithpride)



Register online at  
[bit.ly/ALZeducation](https://bit.ly/ALZeducation)



or call our Helpline at  
**800.272.3900**

## IN-PERSON EDUCATION PROGRAMS

The following classes are hosted throughout San Luis Obispo, Santa Barbara, and Ventura counties. Registration is encouraged. Register at [bit.ly/ALZeducation](https://bit.ly/ALZeducation).

### Ten Warning Signs of Alzheimer's

Thursday, April 6th | 11 - 12pm  
Housing Authority Apartments  
401 South C Street, Oxnard 93030

### Promoting Your Brain Health

Wednesday, April 26th | 10 - 11am  
Montecito Library  
1469 E Valley Road, Montecito 93108

### Living with Alzheimer's for Caregivers of those in Early Stage

Wednesday, April 19th | 10 - 11:30am  
Saint Barnabas' Episcopal Church  
301 Trinity Ave, Arroyo Grande 93420

### Alzheimer's and Dementia 101: Understanding the Disease

Saturday, April 1st | 11 - 11:30am  
St William's Catholic Church  
6410 Santa Lucia Road, Atascadero 93422

Monday, April 3rd | 4:30 - 5:30pm  
Villa La Cumbre Apartments  
521 N. La Cumbre Road, Santa Barbara 93101

Saturday, April 8th | 9:30 - 10am  
Veteran's Hall  
1025 Guadalupe St, Guadalupe 93434

Friday, April 28th | 11 - 12pm  
Help of Ojai  
108 Montgomery Street, Ojai 93023

Friday, April 28th | 12 - 1pm  
Chumash Tribal Hall  
100 Via Juana Road, Santa Ynez 93460

## CLASES EN ESPAÑOL

Regístrate en [bit.ly/ALZeducacion](https://bit.ly/ALZeducacion)

### Cuerpo y Cerebro Sano es Vida Sana

Viernes, 14 de abril | 10 - 11am  
St George Community Center  
1022 E. Mason Street, Santa Barbara 93103

### Información para Entender la Enfermedad de Alzheimer

Lunes, 3 de abril | 4:30 - 5:30pm  
Villa La Cumbre Apartments  
521 N. La Cumbre Rd, Santa Barbara 93101

## Healthy Aging Club

An Active Social Club for those living in the early stages of dementia

2nd & 4th Thursdays  
10 - 11:30am

St. Stephen's Episcopal Church  
1344 Nipomo St, San Luis Obispo

## SPECIAL EVENTS

### Senior Resource Fair

Thursday, April 27th | 10 - 1pm  
Presidio Springs  
721 Laguna Street, Santa Barbara 93101

### Dia del Niño

Sunday, April 30th | 8 - 2pm  
Domingo, 30 de abril | 8 - 2pm  
Our Lady of Guadalupe Church  
Iglesia de nuestra Señora de Guadalupe  
427 N Oak Street, Santa Paula 93060

### Tarde con los Abuelos

### Afternoon with the Abuelos

Sábado, 29 de abril | 11 - 1pm  
Saturday, April 29th | 11 - 1pm  
Carpinteria Children's Project  
5201 8th St, Carpinteria 93013



## MEMORY CAFÉ

A social gathering for people experiencing mild to moderate memory changes and their loved ones to connect, engage and have fun!

Friday, April 14 Miss Daisy's Consignment  
9:00am-11:00am 3845 State St, Santa Barbara

RSVP to [cccprograms@alz.org](mailto:cccprograms@alz.org)  
or call/text 805.617.0249

# PROGRAM DESCRIPTIONS

## DISEASE EDUCATION:

### Healthy Living for Your Brain and Body

This class teaches the latest research in the areas of diet & nutrition, exercise, cognitive activity and social engagement. Participants will learn to incorporate these recommendations into a plan for healthy aging.

### 10 Warning Signs of Alzheimer's

This one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, the benefits of early detection, the diagnostic process, and Association resources.

### Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Participants will learn the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available.

## ESPECIALLY FOR CAREGIVERS:

### Effective Communications Strategies

This class teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Caregivers will learn strategies for maintaining a meaningful connection at each stage of the disease.

### Understanding and Responding to Dementia-related Behavior

Learn a four-step model to address some of the most common behaviors associated with dementia. Identify common triggers, how to assess your loved one's needs, and how to intervene effectively.

### Managing Money: A Caregiver's Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

## PLANNING AHEAD:

### Managing Money: A Caregivers Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning

### Dementia Conversations

This program provides tips for breaking the ice with loved ones so you can address some of the most common issues that are difficult to discuss: going to the doctor, deciding when to stop driving, and making legal and financial plans for future care.

## EN ESPAÑOL:

### Cuerpo y Cerebro Sano es Vida Sana

Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable.

### 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.

### Información para Entender la Enfermedad de Alzheimer y la Demencia

La enfermedad de Alzheimer no es una parte normal del envejecimiento. Si usted o alguien que usted conoce está afectado por la enfermedad de Alzheimer o la demencia, es el momento de conocer los hechos. Este programa proporciona información sobre detección, causas y factores de riesgo, las etapas de la enfermedad, el tratamiento y mucho más.

Register at [bit.ly/ALZeducation](https://bit.ly/ALZeducation)  
or call 800.272.3900

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