



alzheimer's 
association®

California Central Coast Chapter

help & hope

for people diagnosed with dementia

Help & Hope is an educational program designed for people in the early stages of Alzheimer's disease or other dementias and their care partners. This program focuses on families and provides insight on key issues, including care planning, stress relief, advocacy, and other topics.

Help & Hope is offered as a six one-hour webinars that cover important issues faced by families navigating this difficult disease.

Live Online Webinars

Monday, Wednesday, Fridays:

Aug 24th, 26th, 28th, 31st, Sept 2nd and 4th

10:30am—11:30am

(August 28th: 10:00am—12:00pm)

Participation is free.

Pre-registration is required.

Please register for each session at alz.org/CRF

For more information, please contact Leila Thayer Malone

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(805) 261-2186

help & hope

Fall 2020

Day 1: Monday, August 24th [CLICK HERE TO REGISTER](#)

Medicare Questions Answered with HICAP

Speaker: Audrey Darrett, HICAP Program Manager

Day 2: Wednesday, August 26th [CLICK HERE TO REGISTER](#)

The Walk to End Alzheimer's

Speaker: Aracely Avila, Alzheimer's Association Development Manager for Ventura

Day 3: Friday, August 28th (10am to 12pm) [CLICK HERE TO REGISTER](#)

Coronavirus: Healthy Habits for Emotional Well-Being

Speaker: Vanessa Acero, Professional Clinical Counselor

Day 4: Monday, August 31st [CLICK HERE TO REGISTER](#)

Adult Day Healthcare Programs

Speaker: Martha Shapiro, Director of Senior Concerns in Thousand Oaks

Day 5: Wednesday, September 2nd [CLICK HERE TO REGISTER](#)

Advocacy for Alzheimer's

Speaker: Josh Bohannon, Alzheimer's Association Public Policy & Advocacy Manager

Day 6: Friday, September 4th [CLICK HERE TO REGISTER](#)

Compassionate Care and Advanced Planning

Speaker: Teri Helton, Chair of Ventura County Coalition for Compassionate Care

Find more education offerings and sign up for a support group at

alz.org/CACentralCoast