## ORANGE COUNTY EDUCATION CALENDAR

All programs are free of charge

<table>
<thead>
<tr>
<th>Day &amp; Time</th>
<th>In-Person Education</th>
<th>Location</th>
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| **Wednesday, December 5**  
5:30 – 7:00 p.m.        | Understanding Alzheimer’s & Dementia  
Learn about the difference between Alzheimer’s and dementia, risk factors, stages of the disease, treatments, research, and resources. | St. Jude Community Services  
130 W. Bastanchury Rd.  
Fullerton, CA 92835 |
| **Thursday, December 13**  
10:00 – 11:30 a.m.      | Understanding Alzheimer’s & Dementia  
Learn about the difference between Alzheimer’s and dementia, risk factors, stages of the disease, treatments, research, and resources. | St. Joseph Heritage Healthcare Center for Health Promotion  
2212 E. 4th St., Suite 301 (3rd Floor)  
Santa Ana, CA 92705 |
| **Monday, December 17**  
3:00 – 4:30 p.m.        | Healthy Living for Your Brain & Body  
Hear tips from the latest research and learn how to make lifestyle choices that may help you keep your brain & body healthy as you age. | St. Joseph Heritage Healthcare Center for Health Promotion  
2212 E. 4th St., Suite 301 (3rd Floor)  
Santa Ana, CA 92705 |
| **Wednesday, December 19**  
5:30 – 7:00 p.m.        | Effective Communication Strategies  
Learn to decode verbal and behavioral messages delivered by someone with dementia & identify strategies to help you connect and communicate at each stage of the disease. | St. Jude Community Services  
130 W. Bastanchury Rd.  
Fullerton, CA 92835 |

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<th>Day &amp; Time</th>
<th>Over-the-Phone Education</th>
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| **Friday, December 7**  
1:00 – 2:00 p.m.       | Dementia Conversations  
Conversations with family or friends who are showing signs of dementia can be challenging and uncomfortable. Join us to discuss tips on how to have honest and caring conversations about going to the doctor, when to stop driving, and making legal and financial plans. | Pre-registration at least 1 day prior to teleconference required. To receive dial-in instructions, please call 800.272.3900. |

**RSVP required for classes – call 800.272.3900**

### Special 3-Part Series for Individuals & Families Living with Early Memory Loss

If you have Alzheimer’s disease, Mild Cognitive Impairment or another form of dementia, you are not alone. Your diagnosis is now part of your life, but it does not have to define who you are. The Alzheimer’s Association has resources and information to help you and those close to you through this journey.

If you or a loved one is experiencing early memory loss, join us and connect with others meeting the same challenges.

For details, please contact Larissa Haiker at 949.771.0306 or lthaiker@alz.org.
### Holiday Tips

Holidays are a time for family togetherness and memories, but they can also be filled with stress and mixed emotions for people with dementia and their family. The following tips may help make the holidays easier and happier occasions:

- Make sure everyone understands your situation and has realistic expectations about what you can and cannot do.
- Adjust expectations – give yourself permission to only do what you can reasonably manage.
- Don’t pressure yourself to maintain every holiday tradition or event.
- Be flexible and understanding of last minute changes.
- Ask family/friends to bring dishes for a potluck, have food delivered, or ask friends/family to host the meal at their home.
- Try to maintain normal routines and plan time for breaks.

**For more holiday tips, contact our 24/7 Helpline at 800.272.3900**

### 2019 State Advocacy Day

**Tuesday, February 5, 2019**

9:30 a.m. – 5:00 p.m.

- Educate California’s new Governor
- Advocate for early detection and timely diagnosis
- Meet with state legislators and staff
- Tell your story and speak for 2.2 million Californians impacted by dementia

**Registration opens December 1!**

Registration fee: $50 (includes breakfast, lunch & materials) **Scholarships available to cover registration & travel costs.**

Questions about the event or registration?

Contact our Public Policy Manager, Daniel Gaytan at dgaytan@alz.org or 949.272.8299

### ADDITIONAL NO COST SUPPORT SERVICES

**24/7 HELPLINE: 800.272.3900**

Our expert staff is available whenever you need us to provide disease information, support and local resources. Call us at 800.272.3900.

**ALZCONNECTED.ORG**

Our free online message boards are for anyone affected by Alzheimer’s or related dementias. Join the conversation at alzconnected.org.

**ALZ.ORG/OC**

Our award-winning website offers access to reliable information and resources, including web portals in Spanish, Chinese, Japanese, Korean, and Vietnamese. Visit us at alz.org/oc.