## OUR VISION

A world without Alzheimer's disease.

## OUR MISSION

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

---

### ORANGE COUNTY EDUCATION CALENDAR

All programs are free of charge

<table>
<thead>
<tr>
<th>Day &amp; Time</th>
<th>Over-the-Phone Education</th>
<th>Contact</th>
</tr>
</thead>
</table>
| **Friday, February 1** 1:00 – 2:00 p.m. | **Understanding and Responding to Dementia-Related Behavior**  
Learn about some of the common triggers for behaviors associated with dementia, how to assess the person’s needs, and how to intervene effectively. | Pre-registration at least 1 day prior to teleconference required. To receive dial-in instructions, please call 800.272.3900. |

<table>
<thead>
<tr>
<th>Day &amp; Time</th>
<th>In-Person Education</th>
<th>Location</th>
</tr>
</thead>
</table>
| **Wednesday, February 6** 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 |
| **Monday, February 11** 6:00 – 7:00 p.m. | **The 10 Warning Signs**  
Alzheimer’s and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about ten common warning signs and what to watch for in yourself and others. | Fullerton Public Library  
353 W. Commonwealth Ave.  
Fullerton, CA 92832 |
| **Thursday, February 14** 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, February 18** 3:00 – 4:30 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. Joseph Heritage Healthcare Center for Health Promotion  
2212 E. 4th St., Suite 301 (3rd Floor)  
Santa Ana, CA 92705 |
| **Wednesday, February 20** 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 |
| **Saturday, February 23** 2:00 – 3:30 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. | El Toro Library  
24672 Raymond Way  
Lake Forest, CA 92630 |
| **Tuesday, February 26** 2:00 – 3:00 p.m. | **The 10 Warning Signs**  
Alzheimer’s and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about ten common warning signs and what to watch for in yourself and others. | Los Alamitos-Rossmoor Library  
12700 Montecito Rd.  
Seal Beach, CA 90740 |
| **Thursday, February 28** 10:00 – 11:30 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. | Placentia-Linda Hospital  
1301 N. Rose Dr., Meeting Room 1  
Placentia, CA 92870 |

---

RSVP required for classes – call 800.272.3900
OUR VISION: A world without Alzheimer’s disease.

OUR MISSION: To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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 mild memory loss, join us for this 3-part series to connect with others meeting the same challenges and learn what you need to know to navigate this chapter of your life.

Family members are strongly encouraged to attend.

February 13th, 20th and 27th In Mission Viejo

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

We Want to Hear from YOU!

Huntington Beach Central Library
7111 Talbert Ave.
Huntington Beach, CA 92648

Saturday, February 2
2:00 – 4:00 p.m.

Join us at our BRAIN HEALTH & DEMENTIA COMMUNITY FORUM for an afternoon of community discussion to explore how the Alzheimer’s Association can best support people in the Huntington Beach area. Bring a friend or someone you know who has been affected by Alzheimer’s or dementia, and learn more about brain health and memory loss as we age.

RSVP is requested. Call 800.272.3900 or visit bit.ly/ALZForum2

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.