

Thanks to generous donations, all education programs are free of charge.

Day & Time	In-Person Education	Location
Wednesday, February 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
Tuesday, February 11 6:00 – 7:30 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.	Huntington Beach Library 7111 Talbert Ave. Huntington Beach, CA 92648
Thursday, February 13 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., Ste. 301 (3 rd Floor) Santa Ana, CA 92705
Saturday, February 15 2:00 – 3:30 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.	Rancho Santa Margarita Library 30902 La Promesa Rancho Santa Margarita, CA 92688
Wednesday, February 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
Tuesday, February 25 2:00 – 3:30 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.	Los Alamitos-Rossmoor Library 12700 Montecito Rd. Seal Beach, CA 90740

Day & Time	Over-the-Phone Education	Contact
Friday, February 7 1:00 – 2:30 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	Pre-registration at least 1 day prior to teleconference required. To receive dial-in instructions, please call 800.272.3900 .

RSVP requested for classes – call 800.272.3900

For information pertaining to our monthly **Caregiver Support Groups** and **Online Education Programs**, please visit our website at www.alz.org/oc/helping_you.

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.



800.272.3900 | alz.org/oc



Upcoming Events

2020 State Advocacy Day

- Advocate for early detection and timely diagnosis
- Influence the governor's task force on Alzheimer's
- Meet with state legislators and staff
- Tell your story

February 5, 2020

9:30 a.m. – 5:00 p.m.

Sacramento, California

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

2020 Research Update

Please join us to learn the newest, most groundbreaking discoveries in Alzheimer's and dementia research, brain health and what is on the horizon. Hear from Orange County scientists funded by the Alzheimer's Association during the **Purple Coats Panel** discussion.

February 19, 2020

6:00 – 8:00 p.m.

Lincoln Experience – Fashion Island

139 Newport Center Drive
Newport Beach, CA 92660

Guest Speaker: Keith Fargo, Ph.D., Director of Scientific Programs and Outreach - Medical and Science Relations, Alzheimer's Association

To register, visit bit.ly/2020ResearchUpdate or email attendee full names and zip codes to occhapter@alz.org

Save the Date! WOMEN #ENDALZ LUNCHEON

March 13, 2020

10:30 a.m. – 2:00 p.m.

Fashion Island Hotel Newport Beach

For event details, please contact Kenzie Durham at 949.426.8544 or womenendalzoc@alz.org

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.

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