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

### Orange County Education Calendar

**FEBRUARY 2020**

**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.

#### In-Person Education

<table>
<thead>
<tr>
<th>Day &amp; Time</th>
<th>In-Person Education</th>
<th>Location</th>
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<tbody>
<tr>
<td>Wednesday, February 5</td>
<td>Understanding Alzheimer’s &amp; Dementia</td>
<td>St. Jude Community Services 130 W. Bastanchury Rd. Fullerton, CA 92835</td>
</tr>
<tr>
<td>5:30 – 7:00 p.m.</td>
<td>Learn about the difference between Alzheimer’s and dementia, risk factors, stages of the disease, treatments, research, and resources.</td>
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</tr>
<tr>
<td>Tuesday, February 11</td>
<td>Understanding Alzheimer’s &amp; Dementia</td>
<td>Huntington Beach Library 7111 Talbert Ave. Huntington Beach, CA 92648</td>
</tr>
<tr>
<td>6:00 – 7:30 p.m.</td>
<td>Learn about the difference between Alzheimer’s and dementia, risk factors, stages of the disease, treatments, research, and resources.</td>
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<tr>
<td>Thursday, February 13</td>
<td>Effective Communication Strategies</td>
<td>St. Joseph Heritage Healthcare Center for Health Promotion 2212 E. 4th St., Ste. 301 (3rd Floor) Santa Ana, CA 92705</td>
</tr>
<tr>
<td>3:00 – 4:30 p.m.</td>
<td>Learn to decode verbal and behavioral messages delivered by someone with dementia &amp; identify strategies to help you connect and communicate at each stage of the disease.</td>
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<tr>
<td>Saturday, February 15</td>
<td>Understanding and Responding to Dementia-Related Behavior</td>
<td>Rancho Santa Margarita Library 30902 La Promesa Rancho Santa Margarita, CA 92688</td>
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<tr>
<td>2:00 – 3:30 p.m.</td>
<td>Learn about some of the common triggers for behaviors associated with dementia, how to assess the person’s needs, and how to intervene effectively.</td>
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<tr>
<td>Wednesday, February 19</td>
<td>Effective Communication Strategies</td>
<td>St. Jude Community Services 130 W. Bastanchury Rd. Fullerton, CA 92835</td>
</tr>
<tr>
<td>5:30 – 7:00 p.m.</td>
<td>Learn to decode verbal and behavioral messages delivered by someone with dementia &amp; identify strategies to help you connect and communicate at each stage of the disease.</td>
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</tr>
<tr>
<td>Tuesday, February 25</td>
<td>Understanding Alzheimer’s &amp; Dementia</td>
<td>Los Alamitos-Rossmoor Library 12700 Montecito Rd. Seal Beach, CA 90740</td>
</tr>
<tr>
<td>2:00 – 3:30 p.m.</td>
<td>Learn about the difference between Alzheimer’s and dementia, risk factors, stages of the disease, treatments, research, and resources.</td>
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</table>

#### Over-the-Phone Education

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<th>Day &amp; Time</th>
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<tbody>
<tr>
<td>Friday, February 7</td>
<td>The 10 Warning Signs</td>
<td>Pre-registration at least 1 day prior to teleconference required. To receive dial-in instructions, please call <strong>800.272.3900</strong>.</td>
</tr>
<tr>
<td>1:00 – 2:30 p.m.</td>
<td>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.</td>
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</tr>
</tbody>
</table>

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.
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](http://bit.ly/2020ResearchUpdate) or email attendee full names and zip codes to occhapter@alz.org

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**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

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**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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**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.