## 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.

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### SEPTEMBER 2019

**ORANGE COUNTY EDUCATION CALENDAR**

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

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<th>Day &amp; Time</th>
<th>Over-the-Phone Education</th>
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| **Friday, September 6** 1:00 – 2:30 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. | Pre-registration at least 1 day prior to teleconference required.  
To receive dial-in instructions, please call 800.272.3900. |

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<th>Day &amp; Time</th>
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| **Friday, September 6** 12:30 – 2:00 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. | Yorba Linda Community Center  
4501 Casa Loma Ave.  
Yorba Linda, CA 92886 |

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| **Saturday, September 7** 10:00 – 11:30 a.m. | Safety In The Middle Stage  
Join us to learn about effective ways to manage challenging behaviors, how to maximize safety at home, signs of unsafe driving and tips to stop driving, and preparing for and preventing wandering. | Alzheimer’s Family Center  
9451 Indianapolis Ave.  
Huntington Beach, CA 92646 |

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| **Sunday, September 8** 2:00 – 3:30 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. | Laguna Niguel Library  
30341 Crown Valley Parkway  
Laguna Niguel, CA 92677 |

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| **Tuesday, September 10** 6:00 – 7:30 p.m. | Healthy Living for Your Brain & Body  
Join us to hear what research has shown in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age. | Huntington Beach Central Library  
7111 Talbert Ave.  
Huntington Beach, CA 92648 |

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| **Miércoles, 11 de septiembre** 5:00 – 7:00 pm  
Para registrarse llame al 714-446-5030 y pregunte por Nora, Alejandra o Alma | Comunicación y Cuidado Personal en la Etapa Intermedia  
Conozca los síntomas asociados con la etapa intermedia de la enfermedad de Alzheimer, los cambios en la comunicación y las relaciones, las formas efectivas de asistir con el cuidado personal, y prepararse para las hospitalizaciones. | St. Jude Community Services  
130 W. Bastanchury Rd.  
Fullerton, CA 92835 |

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| **Thursday, September 12** 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., Ste. 301 (3rd Floor)  
Santa Ana, CA 92705 |

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| **Friday, September 13** 12:30 – 2:00 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. | Yorba Linda Community Center  
4501 Casa Loma Ave.  
Yorba Linda, CA 92886 |

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| **Monday, September 16** 3:00 – 4:30 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. | St. Joseph Heritage Healthcare Center for Health Promotion  
2212 E. 4th St., Ste. 301 (3rd Floor)  
Santa Ana, CA 92705 |

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**RSVP requested for classes – call 800.272.3900**

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*More education classes and special announcements continued on back.*
## Day & Time | In-Person Education Continued | Location
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**Wednesday, September 18**
2:00 – 3:30 p.m. | **Healthy Living for Your Brain & Body**
Join us to hear what research has shown in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age. | San Clemente Library
242 Avenida Del Mar
San Clemente, CA 92672 |
**Wednesday, September 18**
5:30 – 7:00 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. | St. Jude Community Services
130 W. Bastanchury Rd.
Fullerton, CA 92835 |
**Saturday, September 21**
10:00 – 11:30 a.m. | **Understanding Care Options**
Join us to learn about respite care options including informal care, day services, in-home care services and senior living options, as well as managing and coping with difficult feelings. | Alzheimer’s Family Center
9451 Indianapolis Ave.
Huntington Beach, CA 92646 |
**Tuesday, September 24**
2:00 – 3:30 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. | Los Alamitos-Rossmoor Library
12700 Montecito Rd.
Seal Beach, CA 90740 |
**Friday, September 27**
12:30 – 2:00 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. | Yorba Linda Community Center
4501 Casa Loma Ave.
Yorba Linda, CA 92886 |

There’s still time to join the Walk to End Alzheimer’s!

**Irvine**
September 28th

**Huntington Beach**
October 5th

**San Clemente**
October 13th

Start your team today at [alz.org/walk](http://alz.org/walk). We hope to see you there!

Questions? Email ocwalks@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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