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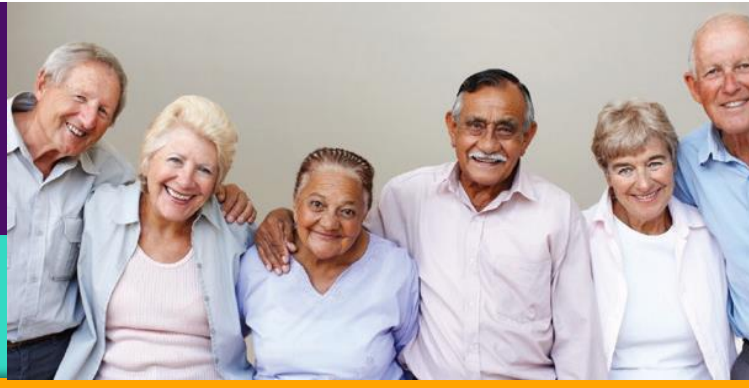

SAN DIEGO PROGRAM CALENDAR JULY 2018

Programs are free of charge. RSVP anytime: 800.272.3900

ESPAÑOL- última *página*/ **SPANISH**- *last page*

Day & Time	In-Person Education	Location
NORTH REGION		
(SPANISH) **Tuesday, July 17** 10:30 a.m.—11:30 a.m.	**Know the Ten Signs: Early Detection Matters**	**UPAC EMASS** 200 N Ash Street #100 Escondido, CA 92027
CENTRAL REGION		
Monday, July 9 11:00 a.m.—12:00 p.m. *Light refreshments provided* ***CANCELLED***	**The Basics: Memory Loss, Dementia, and Alzheimer's Disease** Learn about the diagnosis, causes, risk factors, stages, and treatment of Alzheimer's disease.	**Church of Christ** 232 32nd St San Diego, CA 92102
Thursday, July 12 1:30 p.m.—2:30 p.m. *Light refreshments provided*	**The Basics: Memory Loss, Dementia, and Alzheimer's Disease** Learn about the diagnosis, causes, risk factors, stages, and treatment of Alzheimer's disease.	**Oakmont of Pacific Beach** 955 Grand Ave. San Diego, CA 92109
Tuesday, July 24 10:30 a.m. -- 11:30 a.m. *Light refreshments provided*	**Know the Ten Signs: Early Detection Matters** If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives one a chance to start treatment and plan for the future.	**Neighborhood House Association** 795 S. Boundary St. San Diego. CA 92113
EAST REGION		
Friday, July 20 10:00 a.m.—11:00 a.m. *Light refreshments provided*	**The Basics: Memory Loss, Dementia, and Alzheimer's Disease** Learn about the diagnosis, causes, risk factors, stages, and treatment of Alzheimer's disease.	**Alpine County Library** 1752 Alpine Blvd. Alpine, CA 91901
SOUTH REGION		
(SPANISH) **Wednesday, July 18** 2:00 p.m.—3:00 p.m.	**The Basics: Memory Loss, Dementia, and Alzheimer's Disease**	**Villa Merced** 1168 Beyer Way San Diego, CA 92154

SDAlzheimers SanDiegoAlz Alzassocsandiego

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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Day & Time	Over-the-Phone Education	Location
Friday, July 13 1:00 p.m.-2:00 p.m. *(To receive dial-in instructions, please call 800.272.3900)*	**Personal Care in the Middle Stage** In the middle stage, caregivers may need to begin helping with personal care tasks. Join us to discuss assisting with personal care, including eating, grooming, bathing, dressing, dental care, and using the bathroom.	This teleconference is free, but pre-registration by July 12 is required. Once you have registered for the class, the dial-in instructions will be emailed by the end of the day on July 12.

Day & Time	Caregiver Support Groups	Location
Monday, July 2 1:00 p.m.—2:30 p.m.	**Telephone Support Group** The Alzheimer's Association offers a monthly Telephone Support Group for family caregivers of a loved one with Alzheimer's or a related dementia. Join us from the comfort of your home and build a support system with people who understand.	To RSVP please call 800.272.3900 or email Susannah Morales at smorales@alz.org
Wednesday, July 11 10:00 a.m.—11:30 a.m. *(2nd Wednesday of the month)*	**In-Person Support Group for Caregivers** The Alzheimer's Association offers support groups for family caregivers of a loved one with Alzheimer's disease or a related dementia. Our support groups are free of charge and walk-ins are welcome.	**OUR OFFICE** **Alzheimer's Association** 5075 Shoreham Place Suite 240 San Diego, CA 92122

TO REQUEST A FREE PROGRAM IN YOUR COMMUNITY, CONTACT REBECCA TURMAN AT RTURMAN@ALZ.ORG OR CALL 619.541.8894

SIGN UP FOR OUR E-NEWSLETTER BY VISITING: WWW.ALZ.ORG/SANDIEGO

ADDITIONAL NO-COST SUPPORT SERVICES

24/7 HELPLINE
800.272.3900

Our expert staff is available whenever you need disease information, support and local resources. Help in over 200 languages.

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/sandiego

Our award-winning website offers access to reliable information and resources, including web portals in Spanish, Chinese, Japanese, Korean, and Vietnamese.

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SAN DIEGO PROGRAM CALENDAR
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Day & Time	Alzheimer's Association at Community Events	Location
Saturday, July 14 11:00 a.m. –3:00 p.m.	**2018 PRIDE PARADE: "Persist with Pride"** Join us in support of our LGBT community at the 2018 PRIDE Parade! The Alzheimer's Association will be having a group of marchers in the parade in order to raise awareness of Alzheimer's disease and to support our LGBT community.	The parade begins at the Hillcrest Pride Flag at University Ave. and Normal St., and ends at Quince Dr. **Route Length**: 1.5 miles

Day & Time	Online Education	Location
Available anytime: 24 hours a day 7 days a week 365 days a year	**Topics include:** • Healthy Living for your Brain and Body • The Basics: Memory Loss, Dementia, and Alzheimer's Disease • Effective Communication Strategies • Understanding and Responding to Dementia-Related Behavior • Legal and Financial Planning for Alzheimer's Disease • Living with Alzheimer's • Know the Ten Signs: Early Detection Matters • Dementia Conversations • And many more!	**Website:** www.training.alz.org

To register online and for easy access to other resources, services, and community programs/events please visit communityresourcefinder.org

ADDITIONAL NO-COST RESOURCES

The Alzheimer's Impact Movement (AIM),

The sister organization of the Alzheimer's Association, is a nonpartisan, nonprofit advocacy organization. AIM works in strategic partnership with the Alzheimer's Association using advocacy and communications tools that complement those used by the Association.

Alzimpact.org

TrialMatch®

Alzheimer's Association TrialMatch is a free, easy-to-use clinical studies matching service that connects individuals with Alzheimer's disease, caregivers, healthy volunteers and physicians with hundreds of current studies nationwide.

Trialmatch.alz.org

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SERVICIOS EN ESPAÑOL
JULIO 2018

Programas son gratuitos. Reserve su lugar llamando al 800.272.3900

ESPAÑOL/SPANISH

Fecha y Hora	Servicios En Español	Lugar
martes, 24 de julio 1:00 p.m. – 2:30 p.m. *(el cuarto martes de cada mes)*	**Grupo de Apoyo Telefónico** Ofrecemos un grupo de apoyo telefónico para cuidadores y familiares de un ser querido con Alzheimer o una demencia relacionada. Acompáñenos en la comodidad de su hogar y forme un sistema de apoyo con personas que entienden esta enfermedad.	Para más información llame al 800.272.3900 o contacte a Milagros Chumpitaz, MSW al (909) 406-5349 o mchumpitaz@alz.org
martes, 17 de julio 10:30 a.m. —11:30 a.m. *Tentempiés proveídos*	**Conozca las 10 Señales De Advertencia: La Detección Temprana es Importante** Las señales de la enfermedad de Alzheimer frecuentemente se creen ser una parte normal del envejecimiento, lo cual no es cierto. Si usted o alguien conocido parecen estar perdiendo la memoria o tiene cambios de comportamiento, es hora de aprender acerca de los síntomas.	**UPAC EMASS** 200 N Ash Street #100 Escondido, CA 92027
miércoles, 18 de julio 2:00 p.m. – 3:00 p.m. *Tentempiés proveídos*	**Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer** Los síntomas del Alzheimer generalmente se confunden con ser una parte normal del envejecimiento. Participe en esta clase para que aprenda más acerca de los síntomas del Alzheimer y otras demencias y cuáles son los pasos a seguir si usted o un ser querido recibe un diagnóstico de Alzheimer.	**Villa Merced** 1168 Beyer Way San Diego, CA 92154
Disponible todo el tiempo: 24 horas al día 7 días a la semana 365 días al año	**Videos Educativos por Internet. Temas incluyen:** • Conozca las 10 Señales de Advertencia: La Detección Temprana es Importante • Cuerpo y Cerebro Sano es Vida Sana • Lo Básico: La Pérdida de Memoria, La Demencia, y la Enfermedad de Alzheimer	**Página web:** training.alz.org/espanol

(más información a continuación)

NUESTRA VISION: **Un mundo sin la enfermedad de Alzheimer.**

NUESTRA MISION: **Eliminar la enfermedad de Alzheimer por medio de los avances en la investigación científica; ofrecer y mejorar el cuidado y el apoyo a todos los afectados; y reducir el riesgo de demencia promoviendo la salud cerebral.**

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SERVICIOS EN ESPAÑOL
JULIO 2018

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Fecha y Hora	Talleres de Salud	Lugar
Cada viernes 10 a.m. —12:30 p.m. junio 1 junio 8 junio 15 junio 22 junio 29 **julio 6**	**Talleres Para Vivir Una Vida Más Saludable** Un programa organizado por el centro de Servicios para el Envejecimiento e Independencia (AIS) con el condado de San Diego, **este programa está diseñado para personas con enfermedades crónicas, así como para sus familiares y cuidadores**. Las enfermedades crónicas pueden incluir, entre otras, artritis, depresión, cardiopatía, diabetes, EPOC, etc. Los talleres se reúnen una vez a la semana por 2.5 horas para un total de 6 sesiones. Para obtener más información, visite www.HealthierLivingSD.org.	**NUESTRA OFICINA** **Alzheimer's Association** 5075 Shoreham Place Suite 240 San Diego, CA 92122 **Para más información llame al 858.495.5500**

¿SABIA USTED?...

El riesgo de desarrollar el Alzheimer en los hispanos es 1.5 veces mayor que en los norteamericanos.

Para el año 2050, la expectativa de vida de los latinos sobrepasará la de todos los otros grupos étnicos en los Estados Unidos, llegando a los 87 años de edad.

Para aprender más, visite www.alz.org/espanol.

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