

Ridgecrest

2018 Program Calendar

All programs are free of charge



Date & Time	<b>Confident Caregiver Series</b> <b>RSVP Required: call 661.912.3053</b>	Details
Wednesday, April 4 2-4 p.m.	<b>Dementia Conversations</b> Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.	RRH Conference Rm. 1081 N China Lake Blvd. Ridgecrest, CA 93555
Friday, May 4 10 a.m. - Noon	<b>Dementia Basics</b> This program provides information on detection, causes and risk factors, stages of the disease, treatment and more.	Ridgecrest Senior Services 417 Drummond Ave. Ridgecrest, CA 93555
Wednesday, June 6 2-4 p.m.	<b>Healthy Living for your Brain and Body</b> Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.	RRH Conference Rm. 1081 N China Lake Blvd. Ridgecrest, CA 93555
Friday, June 29 10 a.m. - Noon	<b>Effective Communication Strategies</b> Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to connect and communicate at each stage of the disease.	Ridgecrest Senior Services 417 Drummond Ave. Ridgecrest, CA 93555
Wednesday, August 1 2-4 p.m.	<b>Legal and Financial Issues</b> This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.	RRH Conference Rm. 1081 N China Lake Blvd. Ridgecrest, CA 93555
Friday, August 31 10 a.m. - Noon	<b>Understanding &amp; Responding to Dementia-Related Behaviors</b> Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.	Ridgecrest Senior Services 417 Drummond Ave. Ridgecrest, CA 93555
Wednesday, October 3 2-4 p.m.	<b>Middle Stage I</b> Communication, relationship changes, personal care and hospitalizations.	RRH Conference Rm. 1081 N China Lake Blvd. Ridgecrest, CA 93555
Friday, November 2 10 a.m.-Noon	<b>Middle Stage II</b> Behavior changes, medications, home safety, driving, living alone and wandering.	Ridgecrest Senior Services 417 Drummond Ave. Ridgecrest, CA 93555
Wednesday, December 5 2-4 p.m.	<b>Middle Stage III</b> Day services, in-home care services, senior living options and caregiver needs.	RRH Conference Rm. 1081 N China Lake Blvd. Ridgecrest, CA 93555

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Date & Time	Online Education	Details
<p>Available anytime: 24 hours a day 7 days a week 365 days a year</p>	<p>Topics include: Healthy Living for Your Brain and Body: Tips from the Latest Research; 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; and Living with Alzheimer's Disease.</p>	<p>Website: <a href="http://training.alz.org">training.alz.org</a></p>

Day & Time	Caregiver Support Groups	Details
<p>Every 1<sup>st</sup> Wednesday of the month 1-2:30 p.m.</p>	<p>Caregiver Support Group Ridgecrest Regional Hospital Senior Services 417 Drummond Ave. Ridgecrest, CA 93555  Facilitator: Darrell Price</p>	<p>Please call Judy at 661.912.3053 to confirm meeting date and time</p>

Day and Time	Over-the-Phone	Details
<p>Every 1<sup>st</sup> Monday of the month 1:00pm-2:30pm</p>	<p>Telephone Support Group</p>	<p>Please RSVP at 800.272.3900.</p>
<p>Every 4<sup>th</sup> Tuesday of the month 1:00pm-2:30pm</p>	<p>Spanish Telephone Support Group</p>	<p>Please RSVP at 800.272.3900 or contact Linda Loera at 213.220.0713.</p>

**ADDITIONAL NO-COST SUPPORT SERVICES**

**24/7 HELPLINE  
1.800.272.3900**

Our professionally-trained staff offers support and provides translation services in more than 200 languages.

**ALZCONNECTED**

This free social networking community operates 24-hours a day, 365 days a year and is dedicated to anyone impacted by Alzheimer's. Join the conversation at [alzconnected.org](http://alzconnected.org).

**ALZ.ORG/SOCAL**

The Alzheimer's Association California Southland Chapter offers a variety of in-person and online education programs to support those facing Alzheimer's and their caregivers.