

The Alzheimer's Association Club meetings are held the second Friday of each month from 10 a.m. - 12 noon in Club House #3 - Dining Room #2. The meetings are free. Everyone is welcome to come and enjoy coffee, music, treats, discussion with other attendees, and sharing of information. Each month distinguished speakers make presentations discussing key issues regarding dementia, focusing on harmonious relations, brain health, ideas for coping and with status on current research.

January 13, 2012

Speaker: Dr. Vincent Nguyen, Medical Director, Monarch Healthcare

Subject: Physician's Order for Life-Sustaining Treatment (POLST)

Alzheimer's Association

Club Meeting & Information Session

23822 Avenida Sevilla, Clubhouse 3, Room 2, Laguna Woods, CA 92637

Alzheimer's Association Club Laguna Woods Village

Join us the 2nd Friday of every month for coffee & timely conversation about Alzheimer's and related issues. There is no cost to attend. All are welcome.

The mission of the Alzheimer's Association, Laguna Woods Club is to increase awareness and understanding about Alzheimer's disease and related dementias, offer help for people affected, their caregivers and loved ones, and provide support to sustain and extend the programs of the Alzheimer's Association.

Join us for a special presentation by
Dr. Vincent Nguyen
Medical Director, Monarch Healthcare
Friday, January 13
10:00am – noon

Dr. Nguyen will introduce Physician's Order for Life-Sustaining Treatment (POLST). The POLST Paradigm program is designed to improve the quality of care people receive at the end of life. It is based on effective communication of patient wishes, documentation of medical orders on a brightly colored form and a promise by health care professionals to honor these wishes.



24/7 Helpline: 1.800.272.3900
www.alz.org/oc

Form for non-residents: Event Info: Event Type: Alz Assoc Club Meeting
January 13, 2012 10am – noon | Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
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February 10, 2012

Speaker: Dr. Kenneth Tokita, M.D. Cancer Center of Irvine

Subject: Nutrition and Cancer

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Join us for a special presentation by
Dr. Kenneth Tokita, M.D.
Cancer Center of Irvine
Friday, February 10
10:00am – noon

Dr. Kenneth M. Tokita is the Medical Director at Cancer Center of Irvine. He has been practicing Radiation Oncology for over 25 years. A published author, Dr. Tokita will discuss nutrition and cancer.



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February 10, 2012 10am – noon | Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
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March 9, 2012

Speaker: Susan Randhawa, LCSW Senior Psychometrist, UCI Mind

Subject: Early Dementia Symptoms, Causes, Treatments, Resources

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Alzheimer's Association Club

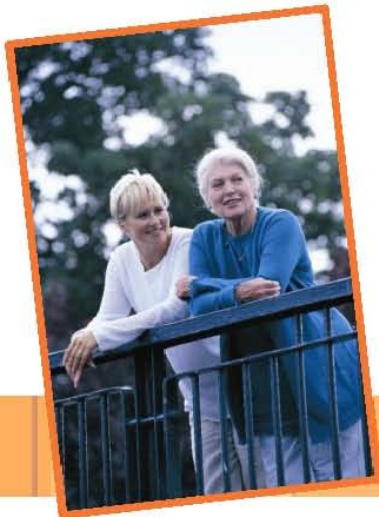
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Join us for a special presentation by
Susan Randhawa, LCSW
Senior Psychometrist, UCI Mind
Friday, March 9
10:00am – noon

Ms. Randhawa will be discussing the early symptoms of Alzheimer's disease and related dementias, the different causes of memory and thinking changes as well as available treatments and resources.



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**Form for non-residents: Event Info: Event Type: Alz Assoc Club Meeting
March 9, 2012 10am – noon | Clubhouse 3, Room 2**

Visitor Info: Name: _____ Driver's License: _____
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April 13, 2012

Speaker: Robert Feldman, MD Saddleback Memorial Health System

Subject: Dementia Care

**Alzheimer's Association
Club Meeting & Information Session**

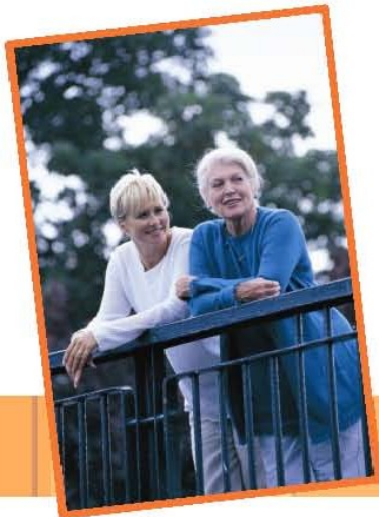
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Alzheimer's Association Club

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Join us for a special presentation by
Robert Feldman, MD
Saddleback Memorial Health System
Friday, April 13
10:00am – noon

Dr. Feldman has spent more than a decade in the Laguna Hills area providing care to seniors. He is the founder of Mission Geriatric Medical Associates (MGMA) where he is developing a system of care he refers to as "community based geriatrics." Dr. Feldman will be discussing dementia care from his perspective as a Primary Care Physician.

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April 13, 2012 10am – noon | Clubhouse 3, Room 2**

Visitor Info: Name: _____ Driver's License: _____
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May 11, 2012

Speaker: Bill Liu, Pharm.D., CGP, Behavioral Health Division, Orange County
Subject: Everything you need to know about your prescription drugs

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Join us for a special presentation by
Bill Liu, Pharm.D., CGP
Behavioral Health Division, Orange County
Friday, May 11
10:00am – noon

Prescription medications play a vital role in the health of seniors. Nearly one-third of Americans ages 57 to 85 take at least five prescription drugs. Dr. Liu, a Certified Geriatric Pharmacist will join us this month to tell you everything you need to know about your prescription drugs.



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May 11, 2012 10am – noon | Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
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June 8, 2012

Speaker: Gus Alva, MD, Medical Director ATP Clinical Research, Inc.

Subject: "Memory Loss and Aging" Explore the Myths and Facts

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Join us for a special presentation by

Gus Alva, MD

Medical Director ATP Clinical Research, Inc.

Friday, June 8

10:00am – noon

Dr. Gus Alva is the Medical Director and Founder of ATP Clinical Research. Over the course of 10 years, Dr. Alva has served as a principal investigator for a number of neuropsychiatric conditions including Alzheimer's and related dementias, depression, and anxiety disorders.



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June 8, 2012 10am – noon | Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
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July 6, 2012

Speaker: Patty Mouton, VP Advocacy & Outreach, Alzheimer's Association

Subject: "Compassionate Care Giving"

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Join us for a special presentation by

Patty Barnett Mouton

VP Advocacy & Outreach, Alzheimer's Association

Friday, July 13

10:00am – noon

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Patty Barnett Mouton is the Vice President of Advocacy and Outreach at the Alzheimer's Association. With over 30 years of experience in health care, she has trained thousands of family caregivers in compassionate caregiving techniques. You won't want to miss the opportunity to learn from this expert in dementia



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July 13, 2012 10am – noon | Clubhouse 3, Room 2**

Visitor Info: Name: _____ Driver's License: _____
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August 10, 2012

Speaker: Fay Blix, J.D , Law Offices of Fay Blix

Subject: "Senior Legal Issues"

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Join us for a special presentation by

Fay Blix, J.D.

Law Offices of Fay Blix

Friday, August 10
10:00am – noon

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Senior Legal Issues

Fay Blix has been practicing law in Orange County since 1984. As the founding chair of the Elder Law Section of the Orange County Bar Association, her main focus is to address legal issues facing seniors. Take advantage of this opportunity to learn from a senior rights advocate and expert in Elder Law.



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August 10, 2012 10am – noon | Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
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September 14, 2012

Speaker: Daniel Amen MD

Subject: Unleash the Power of the Female Brain

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Join us for a special presentation by
Daniel G. Amen, MD
Psychiatrist & Founder, Amen Clinics, Inc.
Friday, September 14
10:00am – noon

The mission of the Alzheimer's Association, Laguna Woods Club is to increase awareness and understanding about Alzheimer's disease and related dementias, offer help for people affected, their caregivers and loved ones, and provide support to sustain and extend the programs of the Alzheimer's Association.

Unleash the Power of the Female Brain

Dr. Amen is a physician, double certified psychiatrist and five-time New York Times bestselling author. He is the author of 51 professional articles and over 30 books including his most recent "Unleash the Power of the Female Brain."



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September 14, 2012 10am – noon | Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
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October 12, 2012

Speaker: Kari Walker, MS Gerokinesiology

Subject: Mobility and Cognition

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Join us for a special presentation by
Kari Walker, MS Gerokinesiology
Education Director, Alzheimer's Association

Friday, October 12
10:00am – noon

The mission of the Alzheimer's Association, Laguna Woods Club is to increase awareness and understanding about Alzheimer's disease and related dementias, offer help for people affected, their caregivers and loved ones, and provide support to sustain and extend the programs of the Alzheimer's Association.



Mobility and Cognition

New research indicates gait changes could signal increased risk for cognitive impairment. Walker will introduce this research and help you understand how slower pace and changes in stride can be early indicators for a decline in cognitive function. Walker will also discuss the health and safety benefits of exercise and motion for individuals living with Alzheimer's.

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October 12, 2012 10am – noon | Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
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November 9, 2012

Speaker: Marilyn Lorey, Memories in the Making Coordinator

Subject: Memories in the Making Art Program

Alzheimer's Association

Club Meeting & Information Session

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Memories in the Making

Laguna Woods Village

Join us the 2nd Friday of every month for coffee & timely conversation about Alzheimer's and related issues. No cost to attend. All are welcome.

Join us for a special presentation by

Marilyn Lorey

Memories in the Making Coordinator, Alzheimer's Association

Friday, November 9

10:00am – noon

The mission of the Alzheimer's Association, Laguna Woods Club is to increase awareness and understanding about Alzheimer's disease and related dementias, offer help for people affected, their caregivers and loved ones, and provide support to sustain and extend the programs of the Alzheimer's Association.

Memories in the Making® Art Program

Introduced in 1988, Memories in the Making, is a signature art program of the Alzheimer's Association Orange County Chapter. It is a unique program allowing persons with Alzheimer's disease or other dementias to express themselves through art. Through the creative process of painting, the art they produce is a tangible means of expression, which speaks to families, professional caregivers and to the public.



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November 9, 2012 10am – noon | Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
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December 14, 2012

Speaker: Claudia H. Kawas, M.D.

Professor of Neurology, Neurobiology and Behavior, UCI



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Join us for a special presentation by

Claudia H. Kawas, M.D

Professor of Neurology and Neurobiology & Behavior, UCI

Friday, December 14

10:00am – noon

Lessons Learned from the Oldest Old

Recently honored as a leader in Alzheimer's research at the 2012 Visionary Women Awards, Dr. Kawas will present her work on the patterns of aging and the effects of Alzheimer's disease. Kawas, the Principle Investigator of the well-known 90+ study, will share what she's learned from the "oldest old" through one of the largest research studies in the world.

Holiday Opportunity

Purchase Memories In The Making products for your friends and family for the holidays

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