

The Alzheimer's Association Club meetings are normally held the second Friday of each month from 10 a.m. - 12 noon in Club House #3 - Dining Room #2 -- this year there is one exception -- in May it will be the 3rd Friday because the Visionary Women's Event is on the 2nd Friday. 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.

2014 Meetings: Click on the month shown below to see information for the month's meeting.

[Jan](#) [Feb](#) [Mar](#) [Apr](#) [May](#) [Jun](#) [Jul](#) [Aug](#) [Sep](#) [Oct](#) [Nov](#) [Dec](#)

The dates in 2014 for the meetings are:

- January 10
- February 14
- March 14
- April 11
- May 16
- June 13
- July 11
- August 8
- September 12
- October 10
- November 14
- December 12

January 10, 2014

Speakers: Mozhgan Ashtari, M.D.
Hong Shune, M.D.
Mercedes Tomioka, M.D.

Subject: Successful Aging

**It's never too late: Inspired tips for renewed physical, mental and social well-being.
Navigate this roadmap for a fuller, more successful path through aging.**

Alzheimer's Association Club Laguna Woods Village

Join us on the 2nd Friday of every month for
conversation about Alzheimer's disease,
related dementias and healthy living.

Successful Aging

It's never too late: Inspired tips for renewed physical,
mental and social well-being. Navigate this roadmap
for a fuller, more successful path through aging.

Mozhgan Ashtari, M.D.

Hong Shune, M.D.

Mercedes Tomioka, M.D.

Geriatricians, Hoag Medical Group

Friday, January 10, 2014

10:00 a.m. – 12:00 p.m.

Alzheimer's Association Club Meeting and Information Session

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



A Family Home Care

Light refreshments provided. No cost to attend. Open to all.

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

24/7 Helpline 800.272.3900

www.alz.org

Form for non-residents: Event Info: Event Type: Alz Assoc Club Meeting

January 10, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
Make/Model/Year: _____ License Plate: _____ Color: _____

[Go to Top](#)

February 14, 2014

Speaker: Bettina Murphy, M.D.; Southern California Research, LLC

Subject: Clinical Trials and Alzheimer's Disease, A Reason for Hope

Clinical Trials are an encouraging option for those concerned about memory loss or living with dementia. Dr. Murphy will presents insights regarding current, promising trials.

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Orange County Chapter
17771 Cowan, Suite 203
Irvine, CA 92614
Phone: 949.935.9003
Fax: 949.757.3703

www.alz.org/oc

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Clinical Trials and Alzheimer's Disease, A Reason for Hope

An integral component in the search for a cure and preventative treatments, clinical trials are an encouraging option for those concerned about memory loss or living with dementia. Hear key insights into current, promising trials.

Bettina Murphy, M.D.

Southern California Research, LLC

Friday, February 14, 2014

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March 14, 2014

Speaker: Dr. Vijay Jain, Owner and Lead Dentist, Mobile Dentistry of California
Betty Anna Gidlof, RDHAP, Brite Smiles of California

Subject: Your Health, Your Smile

The speakers will focus on the importance of oral hygiene to prevent serious illnesses.

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Your Health, Your Smile

Understand the importance of maintaining oral hygiene through specialized health care,
to prevent serious illnesses, including diabetes, stroke, heart disease and pneumonia.

Dr. Vijay Jain, Owner and Lead Dentist

Mobile Dentistry of California

Betty Anna Gidlof, RDHAP

Brite Smiles of California

Friday, March 14, 2014

10:00 a.m. – 12:00 p.m.

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March 14, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____

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April 11, 2014

Speaker: Cordula Dick-Muehlke, Ph.D.

Subject: Reduce Risk For Alzheimer's: Lifestyle Strategies and More

The speaker will share information on how a healthy life style can reduce the risk of Alzheimer's disease and other forms of dementia.

Alzheimer's Association Club Laguna Woods Village

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Reducing Your Risk for Alzheimer's Lifestyle Strategies and More

A healthy lifestyle can reduce your risk for Alzheimer's disease and other forms of dementia. Learn ways to lower your risk, such as controlling cardiovascular risk factors, cognitive and mental stimulation, exercise and diet, and staying connected with others.

Cordula Dick-Muehlke, Ph.D.

Associate Clinical Professor, UC Irvine

Friday, April 11, 2014

10:00 a.m. – 12:00 p.m.

Alzheimer's Association Club Meeting and Information Session

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April 11, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
Make/Model/Auto: _____ License Plate: _____ Color: _____

May 16, 2014

Speaker: Kari Walk, MS Gerokinesiology
Education Director, Alzheimer's Association of Orange County

Subject: Stay Balanced

The speaker will share information on how to maximize different body systems to contribute to greater stability and reduced risk of falls.

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17771 Cowan, Suite 200
Irvine, CA 92614
Phone 949.955.9000
Fax 949.757.3700

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Alzheimer's Association Club Laguna Woods Village

Join us on the 3rd Friday of May for
conversation about Alzheimer's disease,
related dementias and healthy living.



Stay Balanced

Join us to learn about how maximizing different body systems contribute to greater stability and a reduced risk for falls. This interactive workshop includes tips that can be incorporated in your daily routine.

Kari Walker, MS Gerokinesiology

Education Director, Alzheimer's Association of Orange County

Friday, May 16, 2014

10:00 a.m. – 12:00 p.m.

Alzheimer's Association Club Meeting and Information Session

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



Care and comfort at a moment's notice.

Light refreshments provided. No cost to attend. Open to all.

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Form for non-residents: Event Info: Event Type: Alz Assoc Club Meeting

May 16, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
Make/Model/Auto: _____ License Plate: _____ Color: _____



Laguna Woods Club

Friday, May 16, 2014 | 10:00am – noon
Clubhouse 3, Dining Room 2

The Alzheimer's Association, Laguna Woods Club is pleased to welcome Kari Walker, MS Gerokinesiology. Join us to learn about how maximizing different body systems contributes to greater stability and a reduced risk for falls.

Passionate about helping older adults, Kari Walker's background includes a Master's degree in Kinesiology with a specialization in the aging body, as well as personal trainer and Fallproof™ balance and mobility instructor certifications. Kari promotes continued good health – specifically physical fitness and balance – for maintained independence and to prevent falling.

Improving balance isn't simply a matter of improving one's strength or aerobic ability. Research has shown that multiple risk factors, both external and internal, contribute to falls. Come prepared to participate in an interactive learning session designed to help you take away useful tips that you can incorporate into your daily routine.

There is no cost to attend this informational session, and reservations are not necessary. Light refreshments will be provided by Senior Helpers.

Please feel free to extend this invitation to anyone interested.

Warm regards,

A handwritten signature in dark ink, appearing to read "Jim McAleer".

Jim McAleer
President/CEO

P.S. Once a year, we take the opportunity to honor caregivers for their extraordinary service and commitment to those with Alzheimer's disease and related dementias. Please join us on May 9th at Rancho Las Lomas. For tickets and details, visit alz.org/oc.

June 13, 2014

Speaker: Patty Mouton, Vice President of Outreach and Advocacy
Alzheimer's Association of Orange County

Subject: Currently on Capitol Hill

The speaker will share information regarding current Federal and State legislation related to Alzheimer's and the impact.

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Currently on Capitol Hill

Join us this week as we share with you current Federal and State
legislation related to Alzheimer's and the impact. Learn about the
latest work being done on Capitol Hill to increase research and
funding so that we can continue the fight against Alzheimer's
disease.

Patty Mouton

Vice President of Outreach and Advocacy

Friday, June 13, 2014

10:00 a.m. – 12:00 p.m.

Alzheimer's Association Club

Meeting and Information Session

23822 Avenida Sevilla, Clubhouse 3, Room 2
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Association.



 **SENIOR
Helpers**

Care and comfort at a moment's notice.

Fountain Valley
714.593.1177

24/7 Helpline 800.272.3900

www.alz.org

Form for non-residents: Event Info: Event Type: Alz Assoc Club Meeting

June 13, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____

Make/Model/Auto: _____ License Plate: _____ Color: _____

July 11, 2014

Speaker: Judy Osuna

A Family Home Care

Subject: Collector, Saver, Hoarder? Learn the differences

The speaker will present information to identify problems involved with hoarding, signs and systems as well as strategies for a healthier life style.

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Orange County Chapter
2515 McCabe Way
Irvine, CA 92614
Phone 949.955.9000
Fax 949.757.3700

www.alz.org/oc

Alzheimer's Association Club Laguna Woods Village

Join us on the 2nd Friday of every month for
conversations about Alzheimer's disease,
related dementias and healthy living.

Collector, Saver, Hoarder? *Learn the differences*

Join us this week as we look into identifying the problems involved
with hoarding, the signs and symptoms, and strategies for a
healthier lifestyle.

Judy Osuna

A Family Home Care

Friday, July 11, 2014

10:00 a.m. – 12:00 p.m.

Alzheimer's Association Club Meeting and Information Session

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



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Light refreshments provided. No cost to attend. Open to all.

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Form for non-residents: Event Type: Alz Assoc Club Meeting

Event Info: July 11, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____

Make/Model/Auto: _____ License Plate: _____ Color: _____

August 8, 2014

Speaker: Leslie Gibola, OTR/L

Adapt 2 It

Subject: Safety at Home and Assistant Technology

The speaker will focus on strategies for a safe lifestyle and new technology that allows increased independence when living with disabilities.

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Phone 949.955.9000
Fax 949.757.3700

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Alzheimer's Association Club Laguna Woods Village

Join us on the 2nd Friday of every month for
conversations about Alzheimer's disease,
related dementias and healthy living.

Safety at Home and Assistive Technology

Join us this week as we look into identifying strategies for a safer
lifestyle, as well as an introduction to new technology that opens
the door to increased independence for loved ones with disabilities.

Leslie Gibola, OTR/L

Adapt 2 It

Friday, August 8, 2014

10:00 a.m. – 12:00 p.m.

Alzheimer's Association Club Meeting and Information Session

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Form for non-residents: Event Type: Alz Assoc Club Meeting

Event Info: August 8, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
Make/Model/Auto: _____ License Plate: _____ Color: _____

September 12, 2014

Speaker: Maria Quici, MS, CCC-SLP
KitchenQ

Subject: Think Outside The Blender



The speaker will focus on simple techniques to quickly and easily prepare appetizing pureed/soft food with fresh ingredients.

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Alzheimer's Association Club Laguna Woods Village

Join us on the 2nd Friday of every month for
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related dementias and healthy living.

Think Outside the Blender

Join us this week as we look into the "normal swallow" and what dysphagia is. Learn several simple techniques you can use at home to quickly and easily prepare appetizing pureed/soft food using fresh ingredients.

Maria Quici, MS, CCC-SLP

KitchenQ

Friday, September 12, 2014

10:00 a.m. – Noon

Alzheimer's Association Club Meeting and Information Session

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Form for non-residents: Event Type: Alz Assoc Club Meeting

Event Info: September 12, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
Make/Model/Auto: _____ License Plate: _____ Color: _____

Speaker: Dan Daley, Physician Outreach Specialist
Alzheimer's Association of Orange County
Subject: Know the 10 Signs

The speaker will focus on signs and symptoms that can in early diagnosis and plans for the future.

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Orange County Chapter
2515 McCabe Way
Irvine, CA 92614
Phone 949.955.9000
Fax 949.757.3700

www.alz.org/oc

Alzheimer's Association Club Laguna Woods Village

Join us on the 2nd Friday of every month for
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related dementias and healthy living.

Know the 10 Signs

Memory loss that disrupts daily life may be a symptom of
Alzheimer's or another dementia. Knowing what to look
for can aid in early diagnosis and planning for the future.

Dan Daley Physician Outreach Specialist
Alzheimer's Association of Orange County



Special thanks to:



Friday, October 10, 2014

10:00 a.m. – 12:00 p.m.

Alzheimer's Association Club Meeting and Information Session

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Form for non-residents: Event Type: Alz Assoc Club Meeting

Event Info: October 10, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
Make/Model/Auto: _____ License Plate: _____ Color: _____

November 14, 2014

Speaker: Marsha Meyer, Pharm.D., CGP, CGCM

Independence at Home, a division of SCAN Health Plan

Subject: Memory Loss and Medication Safety

The speaker will discuss the development of a plan to safely manage medications for a love one with memory loss.

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related dementias and healthy living.

Memory Loss & Medication Safety

Develop a plan to safely manage medications for a loved one with
memory loss. Learn how to increase safety with medication use,
identify medication administration tools and communication
strategies if someone is resistant to taking medications.

Marsha Meyer, Pharm.D., CGP, CGCM

Independence at Home, a division of SCAN Health Plan

Friday, November 14, 2014

10:00 a.m. – 12:00 p.m.

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Special thanks to:



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Form for non-residents: Event Type: Alz Assoc Club Meeting

Event Info: November 14, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
Make/Model/Auto: _____ License Plate: _____ Color: _____

December 12, 2014

Speaker: Emma Lai, Co-Founder and CEO

Subject: Benefit of Music on Our Brains

Learn how music can improve memory performance and slow the aging process.

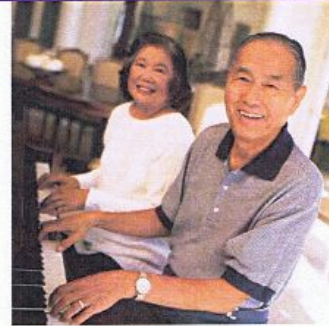
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The Benefit of Music on Our Brain

Music can be a link to the past. Learn how music can improve
memory performance and slow the aging process.

Emma Lai

Co-Founder & CEO of Forever Young Company

Special thanks to:

Friday, December 12, 2014

10:00 a.m. – 12:00 p.m.

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Parking form for non-residents: Event Type: Alz Assoc Club Meeting

Event Info: December 12, 2014 10:00 a.m. – 12:00 p.m., Clubhouse 3, Room 2

Visitor Info: Name: _____ Driver's License: _____
Make/Model/Auto: _____ License Plate: _____ Color: _____