



“Yes I Can!!”

Caregiver Education Series

~ Fall 2018 ~

Seven classes to empower you as you care for your loved one.



Sierra Nevada Memorial
Hospital Foundation

To Register, Leave a Message:
Del Oro Caregiver Resource Center
1-800-635-0220

If care is needed for your loved one during class, please indicate this when registering.

Classes are **FREE** for family caregivers.

WHEN: Mondays

September 17th – October 29th, 2018

TIME: 9:00am – 12:00pm

WHERE: Eskaton Village - 49er Lounge

625 Eskaton Circle
Grass Valley, CA 95945

September 17 *Caring for the Caregiver*

Prioritizing self-care when caring for someone else
Renee Chevrax, MSW/ Judy Kautz, LCSW, AOP

September 24 *Community Resources*

Connecting to the community network of support
Theresa Haleen, Interim Home Care & Chair, ECPC

October 1 *Communication and Behaviors*

A holistic approach to managing dementia behaviors
Barbara Larsen, MA, Ed

October 8 *Body Mechanics*

Protecting yourself while safely assisting others
Nancy McAtee, PT, SNMH

October 15 *Personal Care & End of Life*

Options

Providing care with dignity and independence
Elizabeth Holmgren, RN, Sierra Nevada Home Care
Knowing your caregiving options at the end of life
Christine Sallee, LVN, Hospice of the Foothills

October 22 *Nutrition*

Learning how to improve health through nutrition
Kelley Kull, RD, SNMH

October 29 *Legal and Financial Issues*

Planning for your legal and financial future
Valerie Logsdon, Elder Law Attorney
Creating advance care directives
Judy Kautz, LCSW, AOP & Sierra Nevada Home Care

Sponsored by Sierra Nevada Memorial Hospital Foundation’s Alzheimer’s Outreach Program

For more information contact Annie Mikal: (530) 264-5046 or amikalheine@gmail.com.