



“Yes I Can!!” – Part 2

Essentials for In-the-Home Care

~ Fall 2019 ~

The Caregiver Empowerment Series



Sierra Nevada Memorial
Hospital Foundation

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

FREE for family caregivers

DATE: Mondays, November 4, 11, & 18

TIME: 10:00am – 1:00pm

LOCATION: Eskaton Village - 49er Lounge
625 Eskaton Circle
Grass Valley, CA 95945

November 4 **10:00am – 1:00pm**

Presented by Kelley Kull, RD, & Colleen Baker, RN

Nutrition

Learn how to use mealtime to your advantage! Kelley offers expert insight into what our bodies need as we age and how we can use nutrition to help care for our loved ones.

Personal Care

As an RN and educator for Hospice of the Foothills, Colleen will share her in-home experience and give you the tricks and tools you need to meet the daily challenges of bathing, incontinence, and personal care.

November 11 **10:00am – 1:00pm**

Presented by Barbara Larsen, MA Ed

Communication and Behaviors

Concerns about dementia and cognitive impairment will be the focus of Barbara’s presentation. Barbara has worked with individuals from the very early to very late stages of dementia, and she explains her wholistic approach to managing symptoms and understanding the behaviors of those suffering from a cognitive decline.

November 18 **10:00am – 1:00pm**

Presented by Nancy McAtee, PT

Body Mechanics

This class is about caring for YOU and protecting your body for the long-haul. Nancy has been teaching back health and safety for decades, and this course is designed for everyone. Not all caregivers need to lift and transfer their loved one (though that will be covered, too), but we all use our bodies and backs every day and will benefit from this hands-on, practical class.

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.