



"Yes I Can!!"

Essential Tools for Caregivers

~ Fall/Winter 2020 ~

FREE for family caregivers
Sponsored by Sierra Nevada Memorial Hospital and Hospital Foundation's Alzheimer's Outreach Program (AOP)

Offered on Zoom

To register for one or both classes, please contact Linda Aeschliman at (530) 648-0592 or linda.aeschliman@dignityhealth.org.

Technical assistance with using Zoom is available - please indicate this when registering.

Tuesday, November 17

10 a.m. – Noon

Presented by Theresa Ginotti-Haleen,
Elder Care Providers Coalition

Help is on the Way!

Community Resources

Nevada County has a wealth of local programs that are here to help! Connect to this network of support so that you will have the information and assistance you need, every step of the way.

Yes I Can is a program of Sierra Nevada Memorial Hospital Foundation.

If care is needed for your loved one during the class, please indicate this when registering. Respite funds and services are available to families in need.

Monday, December 7

10 a.m. – Noon

Presented by Judy Kautz, LCSW
AOP Coordinator

You Are Not Alone!

Caring for the Caregiver

Caregiving is full of daily challenges. Meet others who understand what you are experiencing, and learn why self-care is the key to successfully caring for your loved one.