



“Yes I Can!!” – Part 1

Planning for Successful Caregiving

~ 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

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

DATES: Mondays, September 9th - 23rd

TIME: 10:00am – 1:00pm

Classes are **FREE** for family members of aging or disabled loved ones.

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

September 9 *You Are Not Alone! – Caring for the Caregiver*

Renee Chevraux, MSW, Alzheimer’s Outreach Program

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.

September 16 *Help Is on the Way! - Community Resources*

Heather Heckler, Connecting Point & 211; Debra Ellis, Del Oro Caregiver Resource Center; & Theresa Haleen, Elder Care Providers Coalition

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.

September 23 *You’ve Got This! - Advanced Planning for Caregivers*

Dylan Hendricks, Attorney & Judy Kautz, LCSW, Alzheimer’s Outreach Program

There are a lot of decisions to be made. Understanding your legal and financial options, and preparing for potential incapacity, will help ease the anxiety and stress of caregiving. Learn how to make your wishes known, and how to advocate for the wishes of your loved one.

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.