“Yes I Can!!”
Caregiver Education Series
~ Fall 2017 ~

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

WHEN: Mondays
September 11th – October 23rd, 2017
TIME: 9:00am – 12:00pm
PLACE: Eskaton Village - 49er Lounge
625 Eskaton Circle
Grass Valley, CA 95945

September 11 Caring for the Caregiver
Managing self-care when caring for someone else
Renee Chevraux, MSW, AOP

September 18 Personal Care and Fall Prevention
Providing Care with Dignity and Independence
Elizabeth Holmgren, RN, Sierra Nevada Home Care
Talking about falls and home safety
Karen Marinovich, Falls Prevention Coalition of NC

September 25 Nutrition and Community Resources
Knowing the importance of nutrition and hydration
Kelley Kull, RD, SNMH
Connecting to the community network or support
Sara Morrison, Program Manager, RSVP
Theresa Haleen, Interim Home Care & Chair, ECPC

October 2 Body Mechanics
Familiarizing yourself with safe transfer techniques
Nancy McAtee, PT, SNMH

October 9 Communication and Behaviors
Developing skills to handle challenging behaviors
Barbara Larsen, MA, Ed

October 16 Understanding MediCare and End of Life Options
Understanding your MediCare benefits
Carolynn Washington, HICAP
Caregiving options at the end of life
Donna Brown, RN, CHPN, Hospice of the Foothills

October 23 Legal and Financial Planning
Learning about legal and financial planning
Valerie Logsdon, Elder Law Attorney
Creating advance directives
Judy Kautz, LCSW, AOP & Home Health

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.