



“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



Sierra Nevada Memorial
Hospital Foundation

Classes are **FREE** to family caregivers.
To Register, Leave a message at:
Del Oro Caregiver Resource Center
1-800-635-0220

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

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.