



“Yes I Can!!”

Caregiver Empowerment Series

~ Spring 2019 ~

Essential Education for Family Caregivers



Sierra Nevada Memorial
Hospital Foundation

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

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

DATES: Mondays, March 25th – April 29th

TIME: 9:00am – 12:00pm

*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.*

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

March 25 Caring for the Caregiver

Why self-care is so important for family caregivers
Renee Chevraux, MSW, AOP- SNMH Foundation

April 1 Communication and Behaviors

A holistic approach to managing dementia behaviors
Barbara Larsen, MA, Ed

April 8 Body Mechanics

Protecting yourself while safely assisting others
Nancy McAtee, PT

April 15 Nutrition

Learning how to improve care through nutrition
Kelley Kull, RD, SNMH

April 22 Community Resources

Connecting to your local community of support
Heather Heckler, Connecting Point & 211
Understanding long term care options and resources
Theresa Haleen, Elder Care Providers Coalition

April 29 Taking Steps for Advanced Planning

Planning for your legal and financial future
Valerie Logsdon, Elder Law Attorney
Creating advance care directives
Judy Kautz, LCSW, AOP & Sierra Nevada Home Care

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.