

# FSL Caregiver House



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The upcoming events for:  
June – August 2011

DATE	TIME	TITLE	FACILITATOR
6/3/11	8:00-11:30	<b>Alzheimer's Consortium Annual Conference At Rio Vista Recreation Center, Peoria, AZ</b>	<b>Various Speakers</b>
		<p>You are invited to a gathering of scientific researchers, patients, caregivers and family members in an interactive forum that shares current information and ongoing advances in the diagnosis and treatment of Alzheimer's disease. This special conference is designed specifically for the general public. Location: <b>Rio Vista Recreation Center, 8866 W Thunderbird Road, Peoria, AZ 85381</b>. Call 602.528.0545 for more information or to register. Seating is very limited.</p>	
6/10/11	11:00-Noon	<b>Enhancing Sleep At Desert Botanical Gardens in Phoenix</b>	<b>Banner Alzheimer's Institute</b>
		<p>GPS for Memory Monthly Lecture Series will be on enhancing sleep, presented by Anna Burke, M.D. Free admittance to gardens after the presentation is included. <b>Refresh &amp; Rejuvenate before GPS!</b> Join us at 10 a.m., as Helle Brand, PA, leads participants in 30 minutes of light exercise before the presentation. Registration is <b>FREE</b>. Please call (602) 839-6850 for more information or to reserve your seat. <i>Seating is limited.</i> <b>Desert Botanical Gardens are at 1201 N. Galvin Parkway, Phoenix, AZ 85008 in the Webster Auditorium.</b></p>	
6/15/11	10:00-11:30	<b>Living Well Conference At Muhammad Ali Parkinson Center, St Joe's Hosp</b>	<b>Muhammad Ali Parkinson Center</b>
		<p>TAKE THE LIVING WELL CHALLENGE...Join us at the Muhammad Ali Parkinson Center <b>240 W. Thomas Rd, Suite 301 Phoenix, AZ 85013</b> to watch the <b>Living Well Challenge: A Victory Summit and Panel Discussion Webinar</b>. Over 4,500 people in the U.S. have experienced a Victory Summit and now it's your turn. Complementary valet parking is offered directly north of the 240 building on Merrill Street. Call 602-406-4921 for information and to register. Registration is required. There is <b>no fee</b> for this event.</p>	
6/17/11	10a-2:30p	<b>Time Out for Caregivers: Stress Relief At Scottsdale Adult Day Health Services</b>	<b>Courtney Long, MSW and others</b>
		<p>Learn easy, effective tools for stress relief including: deep breathing, visualization, affirmations, and soulful journaling. Attendees will get a complimentary copy of <u>Rejuvenating Refuge: Uplifting Journal for Caring Warriors</u>. Lunch is included in this <b>FREE</b> event held at <b>Scottsdale Adult Day Health Services 7375 E 2nd St Bld. #1, Scottsdale, AZ 85251</b>. Co-sponsored by Area Agency on Aging, Region One. Call 602-532-2980 to register.</p>	

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6/24/11	1:00-4:00p	<b>Caregiving Skills: Bathing and Skin Care At FSL Caregiver House</b>		<b>Paula Graves, RN</b>
<p>This session will cover personal care skills such as bathing, skin care, and incontinence management. In addition to class discussion there will be demonstration time with a manikin and various medical devices (\$20 for non FSL employees).</p>				
6/29/11	8:30a-12:00p	<b>Dementia Overview At FSL Caregiver House</b>		<b>Hannele Waissi, MSW CLR Director</b>
<p>This class offers an overview of Alzheimer’s disease and related dementias, the various stages and the supportive care that can be given for each stage (\$20 for non FSL employees).</p>				
7/8/11	11:00-Noon	<b>Dementia and Driving At Desert Botanical Gardens in Phoenix</b>		<b>Banner Alzheimer’s Institute</b>
<p>GPS for Memory Monthly Lecture Series will be on dementia and driving, presented by Roy Yaari, M.D. Free admittance to gardens after the presentation is included. <b>Refresh &amp; Rejuvenate before GPS!</b> Join us at 10 a.m., as Helle Brand, PA, leads participants in 30 minutes of light exercise before the presentation. Registration is <b>FREE</b>. Please call (602) 839-6850 for more information or to reserve your seat. <i>Seating is limited.</i> The <b>Desert Botanical Gardens are at 1201 N. Galvin Parkway, Phoenix, AZ 85008 in the Webster Auditorium.</b></p>				
7/9/11 – 8/6/11	9:00a-1:00p	<b>Empower Yourself Financially At Women’s Resource Center, Phoenix, AZ</b>		<b>Financial Experts</b>
<p>Finding ways to meet the demands on your money can be difficult. By enrolling in <b>OWN IT</b>, YWCA's Financial Education Program, you can take the first step to achieving your financial security. Take a proactive role - learn how money works, take control of your finances and secure your financial future for you and your family. <b>This will be a series of 5 Saturdays</b> from July 9th to Aug 6th at the <b>Women's Resource Center, 1130 East McDowell Road, Phoenix, AZ 85006.</b> Childcare is provided. <b>OWN IT</b> registration fee of \$25 includes: Classroom Instruction, Handbook, Resource Materials and Graduation Certificate/Celebration. Call 602-258-0990 for more information.</p>				
7/22/11	1:00-4:00p	<b>Caregiving Skills: Bathing and Skin Care At FSL Caregiver House</b>		<b>Paula Graves, RN</b>
<p>This session will cover personal care skills such as bathing, skin care, and incontinence management. In addition to class discussion there will be demonstration time with a manikin and various medical devices (\$20 for non FSL employees).</p>				

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7/27/11	8:30a-12:00p	<b>Dementia Overview At FSL Caregiver House</b>		<b>Hannele Waissi, MSW CLR Director</b>
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This class offers an overview of Alzheimer’s disease and related dementias, the various stages and the supportive care that can be given for each stage (\$20 for non FSL employees).

8/5/11	12:30-4:30p	<b>Medic First Aid/CPR At FSL Caregiver House</b>		<b>Susan Kilby, RN</b>
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This course provides easy to learn emergency techniques to immediately and confidently respond to breathing and cardiac emergencies in adults, use of the automated external defibrillator (AED), and basic first aid measures. At the end of the class you will be issued a First Aid/CPR card good for two years (\$40 for non FSL employees).

8/12/11	11:00-Noon	<b>Enhancing Communication And Diffusing Arguments at Desert Botanical Gardens in Phoenix</b>		<b>Banner Alzheimer’s Institute</b>
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GPS for Memory Monthly Lecture Series will be on communication and diffusing arguments, presented by Helle Brand, PA and Jan Dougherty, RN. Free admittance to gardens is included. **Refresh & Rejuvenate before GPS!** Join us at 10 a.m., as Helle leads participants in 30 minutes of light exercise before the presentation. Registration is **FREE**. Please call (602) 839-6850 for more information or to reserve your seat. *Seating is limited.* The **Desert Botanical Gardens are at 1201 N. Galvin Parkway, Phoenix, AZ 85008 in the Webster Auditorium.**

8/19/11	1:00-4:00p	<b>Caregiving Skills: Bathing and Skin Care At FSL Caregiver House</b>		<b>Paula Graves, RN</b>
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This session will cover personal care skills such as bathing, skin care, and incontinence management. In addition to class discussion there will be demonstration time with a manikin and various medical devices (\$20 for non FSL employees).

8/24/11	8:30a-12:00p	<b>Dementia Overview At FSL Caregiver House</b>		<b>Hannele Waissi, MSW CLR Director</b>
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This class offers an overview of Alzheimer’s disease and related dementias, the various stages and the supportive care that can be given for each stage (\$20 for non FSL employees).

## Announcements

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There are exciting new resources from *Ask Medicare*, which was created by the Centers for Medicare & Medicaid Services. *Ask Medicare* ([www.medicare.gov/caregivers](http://www.medicare.gov/caregivers)) offers tools and information that helps caregivers and those they care for make informed health decisions. Resources include a newly updated Web site at [www.medicare.gov/caregivers](http://www.medicare.gov/caregivers), which features:

- A new Caregiver Resource Kit
- Information that helps caregivers deal with issues such as paying for care, finding nursing homes, managing stress, making the most of the Medicare program and much more:
- Videos featuring caregivers who are meeting a wide array of caregiving challenges
- Tip sheets on topics such as managing a chronic illness, preparing for a transition from the hospital to home, planning for the future, additional help paying for care, and understanding the basics of Medicare

So hats off to Medicare!

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### Would you like individualized Caregiving Training?

The FSL Caregiver Staff has received funding through the Area Agency on Aging, Region 1 to provide one-on-one, individualized training on any caregiver issue that you might be facing.

This includes such topics as bathroom safety and modifications, care planning, safe transfers, and dealing with difficult behaviors. **Please call Susan Kilby, RN at 602-285-0505, ext. 147 for more information.**

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### Be safe and stay independent in your home!

**We are now selling the equipment that you can see and try out at the Caregiver House.** Contact the Caregiver House to make purchases of equipment and devices that make living at home easier. For even more convenience, we have a team of experts that can help with installation. Come for a “test drive”. We can provide a one-on-one hands-on discussion about solutions to make bathing and getting up and down in your home easier and safer.

**Please call the Caregiver House at 602.285.0505, ext. 321 for your copy of the Equipment and Adaptive Aids Catalog**

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### We also give FREE tours of the Caregiver House

If you or someone you know would like to schedule a tour so that you can see various adaptive aids and design features that can make caregiving easier, **please call Susan Kilby, RN at (602)285-0505, ext. 147 to make an appointment.**

## **Ongoing Caregiver Support Groups**

### **In the NW Valley:**

Support groups are held either at The Catholic Outreach Center, Surprise, AZ, or in parishes in the Sun City area. **For more information about any of these groups, please call The Catholic Outreach Center at 602.532.2981.** *Some of these groups are co-sponsored by Area Agency on Aging, Region 1.*

**Morning Glory Caregiver Support Group** -- 9:00-10:00a -- Every Tuesday (Respite service available on a limited basis)

**Chronic Pain Support Group** -- 1:00-2:30p -- The 2nd and 4th Fridays of the month

**Anxiety and Depression Support Group** -- 10:00-11:00a – The 1st & 3rd Thursdays of the month

**Alzheimer's Disease Support Group** -- 10:30-12:00p -- 2nd & 4th Mondays of the month

**Low Vision Support Group** -- 1:00-2:00p -- 1st and 3rd Mondays of the month

**Guys Only Group** --1:30 to 2:30p -- 2nd and 4th Tuesday of the month (For men who now find themselves alone)

**Bereavement Group** -- 10-11:30a – Wednesday (series of 7 sessions that repeat)

### **The Catholic Outreach Center also sponsors:**

**Balance & Fitness** - Are you falling or afraid of falling? Improve your balance by coming to Balance & Fitness! Join us every Thursday, at 11:00 A.M. at St. Joachim/Anne. Everyone is welcome! Request is made for a \$2.00 donation for each class.

### **In the SE Valley:**

**General Caregiver Support Group** – 4:00-5:30p – The last Wednesday of the month at **Tempe Adult Day Health Services Center, 2234 E Maryland Dr., Tempe, AZ 85281**  
Call 602-532-2982 for more information.

### **In Central Phoenix:**

**General Caregiver Support Group**- 4:30pm – the first Thursday of the month at **Phoenix Adult Day Health Services Center, 3620 N. 4th Avenue, Phoenix, AZ 85013**  
Call (602) 297-1840 for more information.

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## **Registration**

Classes and events are provided to caregivers free of charge unless noted in the descriptions. We recommend that you call to register. This will allow us to advise you of any changes. Please call **602-285-1800** and ask for Sid Ware, ext. 321 or email to [sware@fsl.org](mailto:sware@fsl.org)

The FSL Caregiver House also hosts a caregiver database. If you are unable to attend a class at this time but would like information about upcoming events, future classes, rejuvenation workshops, and caregiver topics, please contact Sid by phone or e-mail to add your name to the caregiver database.

**We look forward to seeing you!**