

# FSL Caregiver House



FSL Caregiver House



The upcoming events for:  
September - December 2009

DATE	TIME	TITLE	FACILITATOR
9/3/2009	1:30p-3:30p	<b>ALTCS 101 At FSL Caregiver House</b>	<b>JacksonWhite Elder Law Attorneys</b>
<p>Are you wondering about Arizona Long Term Care (Arizona's Medicaid long term care program that pays for in-home services and facility care)? This will be new information for some and a refresher about new regulations for others. This presentation is free and open to the community. RSVP to Julie Boyster @ 480.464.1111 or email to <a href="mailto:jboyster@jacksonwhitelaw.com">jboyster@jacksonwhitelaw.com</a>.</p>			
9/10/2009	10:00a-Noon	<b>Cooking for Healthy Living At Humana Resource Center in Mesa</b>	<b>Chef Jason Wyrick</b>
<p>The chef will cook a light meal while discussing healthy nutrition. This session will feature a meal loaded with antioxidants that are high-fiber and low-fat to promote heart health and prevent cancer and diabetes. Contact the Caregiver House at 602.285.0505, ext. 321 for more information.</p>			
9/13/2009	12:00p	<b>Arizona Caregiver Recognition Day At the US Airways Center</b>	<b>Phoenix Mercury vs. LA Sparks Basketball Game</b>
<p>During the game there will be special prizes and recognition for Caregivers, their families and friends of Caregiving in Arizona. Tickets are \$12 each for a lower level seat (usually \$43). A portion of the ticket price will used for the Arizona Conference on Caregiving on November 5th. Call Susan Kilby at 602.285.1800 for more information.</p>			
9/14/2009	12:30p-4:30p	<b>Medic First Aid/CPR At FSL Caregiver House</b>	<b>FSL Staff</b>
<p>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 (\$35 for non FSL employees).</p>			
9/18/2009	12:30p-4:00p	<b>Caregiving Skills: Bathing and Skin Care At FSL Caregiver House</b>	<b>Susan Kilby, RN (FSL Community Education)</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>			

<b>DATE</b>	<b>TIME</b>	<b>TITLE</b>	<b>FACILITATOR</b>
9/21/2009	5:30p-7:30p	<b>World Alzheimer's Day At 1008 E. McDowell Rd. Phoenix, AZ</b>	<b>Alzheimer's Association, Desert SW Chapter</b>
		The Alzheimer's Association's Chapter Office is having an open house in recognition of World Alzheimer's Day. From <b>5:30-6:30</b> there will be a presentation on <u>Alzheimer's Disease 101</u> discussing Alzheimer's disease, communication and behavior management. Light refreshments will be served. Call 602.528.0545 for more information and to RSVP.	
9/23/2009	8:30a-12:00p	<b>Dementia Overview At FSL Caregiver House</b>	<b>Community Living Resources Staff</b>
		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).	
9/28/2009	6:00p-8:00p	<b>Holiday Survival Workshop At FSL Caregiver House</b>	<b>Evercare Hospice</b>
		This will be a series of six Monday evening workshops designed to support individuals of any age who have experienced the death of a loved one within the past year. We will explore ways to cope with this very significant loss as we near the Holiday season. The workshops are FREE and open to the community. Please contact Ellie at 602.749.5900 to reserve your space.	
10/6/2009	1:30p-3:30p	<b>ALTCS 102 At FSL Caregiver House</b>	<b>JacksonWhite Elder Law Attorneys</b>
		Already attended an ALTCS 101 but feel like there is still more to learn about? This training will pick up where the 101 class left off. This presentation is free and open to the community. RSVP to Julie Boyster @ 480.464.1111 or email to <a href="mailto:jboyster@jacksonwhitelaw.com">jboyster@jacksonwhitelaw.com</a> .	
10/9/2009	12:30p-4:30p	<b>Medic First Aid/CPR At FSL Caregiver House</b>	<b>Susan Kilby, RN (FSL Community Education)</b>
		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 (\$35 for non FSL employees).	
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11/5/2009	8:00a-4:30p	<b>Arizona Conference on Caregiving Hosted on the N. Phoenix Baptist Church Campus</b>	<b>Community Organizations</b>
		This all-day conference is brought to you by the Caregiver Training and Development Program at Gateway Community College in cooperation with over 20 community educational, government, industry and non-profit organizations. There will be presentations on caregiving skills, aging issues, managing chronic illnesses, etc. and targeted for family caregivers, direct care workers, and grandparents taking care of grandchildren. Call Susan Kilby at 602.285.1800 for more information.	
11/12/2009	9:00a-11:00a	<b>Safe &amp; Sound: How to Prevent Medication Mishaps (Free Teleconference)</b>	<b>National Family Caregivers Association</b>
		"One of the most important attributes in being an advocate for your loved one is the willingness and the ability to speak up and keep your eye on the ultimate goal, protecting not only the health and safety of your loved ones but for yourself as well." To sign up for the 2009 teleclass/webinar send an email to: <a href="mailto:teleclass@thefamilycaregiver.org">teleclass@thefamilycaregiver.org</a> or call 800-896-3650 to give your email address or postal address. NFCA will then send you the registration information as soon as it is available. The teleclass/webinar is FREE to all family caregivers.	
11/13/2009	12:30p-4:00p	<b>Caregiving Skills: Bathing and Skin Care At FSL Caregiver House</b>	<b>Susan Kilby, RN (FSL Community Education)</b>
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11/24/2009	12:30p-4:30p	<b>Medic First Aid/CPR At FSL Caregiver House</b>	<b>FSL Staff</b>
		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 (\$35 for non FSL employees).	

12/7/2009	10:00a-Noon	<b>Medicare Guidelines for Equipment Coverage At FSL Caregiver House</b> Medicare coverage for equipment is sometimes confusing. This session will discuss guidelines for what is and isn't covered and under what circumstances. We will tour the Caregiver House focusing on the equipment that is possibly covered and discuss other options for obtaining equipment. There will also be plenty of time for Questions and Answers.	<b>Medassure DME Staff</b>
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12/11/2009	12:30p-4:00p	<b>Caregiving Skills: Bathing and Skin Care At FSL Caregiver House</b> 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).	<b>Susan Kilby, RN (FSL Community Education)</b>
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12/16/2009	8:30a-12:00p	<b>Dementia Overview At FSL Caregiver House</b> 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).	<b>Community Living Resources Staff</b>
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**We are now selling the equipment that you can see and try out at the Caregiver House.**

**Be safe and stay independent in your home.**

**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 more information or to schedule a visit.

**Ongoing Caregiver Support Groups (Co-sponsored by Area Agency on Aging, Region 1)**

**Morning Glory Caregiver Support Group** -- 9:00-10:00a -- Every Tuesday

**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 and 3rd Thursdays of the month

**Alzheimer's Disease Support Group** -- 10:30-11:30a -- 2nd and 4th Mondays of the month

**Low Vision Support Group** -- 1:00-2:30p -- 1st and 3rd Mondays of the month

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

Groups are held either at The Catholic Outreach Center, Surprise, AZ or in parishes in the Sun City area.

**The Catholic Outreach Center also sponsors these two fitness classes:**

1. **Sit & Stretch** - Staying in shape is good for your body and your mind. Join us every Tuesday at 9:00 a.m. at St. Clement of Rome.
2. **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.

**For more information about these groups, please call The Catholic Outreach Center at 602.532.2981.**

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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.

Remember, we also give 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.**

**We look forward to seeing you!**