



FREE CAREGIVER SUPPORT EVENTS

FALL 2024

Presentations by Maggie McNamara

- How to Help When They Don't Want Your Help
- It's Not Just Memory Loss
- Speaking Alzheimer's & Related Dementia Dialects
- Dementia Continued: Hallucinations, Sundowning, Bathing and more...
- Dementia Communication Challenges and Problem Solving
- Are They Happy Holidays? Strategies and Tips for Less Stress
- Dealing with Difficult Family
- Looking Ahead: What to Expect Next in Dementia Caregiving

Presentations by Kelsi Halvarson

- Preventing Burnout in Caregiving
- Planning Ahead in Caregiving: Getting Documents in Order
- Understanding Long-Term Care
- Staying Healthy While Caring for a Loved One/Habits of Self-Care
- Healthy Boundaries for Caregivers
- Emotions in Caregiving: Yours and Your Loved One's
- A Caregiver's Guide to Doctor Visits
- Getting Organized: Time Management and more



Join us for **LIVE Zoom sessions and receive free resources by mail when you register!**

Ask questions of our presenters, get ideas for your situation, and reduce your stress as you learn new techniques!

SIGN UP TODAY!
CLICK HERE!
or call/text **530-638-2076**

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03	04	05	06	07	08	09
10	11 <i>Veteran's Day</i>	12	13	14 3 pm Happy Holidays 4 pm Staying Healthy	15 3 pm It's Not Just Memory Loss 4 pm Preventing Burnout	16
17	18	19	20	21 2 pm Speaking Alzheimer's/Dementia 3 pm Planning Ahead	22 2 pm Dementia Continued 3 pm Long-Term Care	23
24	25 12 pm When They Don't Want Help 1 pm Doctor Visits	26	27	28 <i>Thanksgiving</i>	29	30

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05 2 pm Happy Holidays 3 pm Staying Healthy	06 2 pm Dementia Communication 3 pm Boundaries	07
08	09	10	11	12	13 2 pm Difficult Family 3 pm Emotions	14
15	16	17	18 12 pm Happy Holidays 1 pm Staying Healthy	19	20	21
22	23	24	25 Christmas	26	27	28
29	30 2 pm Looking Ahead 3 pm Getting Organized	31 New Year's Eve				