

Join the Family Caregiver Support Program along with a Generous Collaboration of Community Experts in their Field of Aging and Self-Care Related Topics

## 2015 FALL

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# AGING & CAREGIVING SERIES

This five-week series of classes is designed to provide instruction and support to caregivers who are or are planning to care for a family member or friend age 60 or older.

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| <b>OCTOBER 12th</b><br><b>NEW CLASS</b> | <b>Mealtime Matters: The Importance of Nutrition in the Elderly</b><br><i>Heather Lallement, CHPN, RN, Barton Home Health and Hospice</i>      |
| <b>OCTOBER 19th</b><br><b>NEW CLASS</b> | <b>Understanding the Stages of Alzheimer's Disease</b><br><i>Jacob Harmon, N. CA. and NV. Alzheimer's Association</i>                          |
| <b>OCTOBER 26th</b><br><b>NEW CLASS</b> | <b>Compassion Fatigue: Caring for the Caregiver</b><br><i>Rebecca Phillipsen, SW, Barton Home Health and Hospice</i>                           |
| <b>NOVEMBER 2nd</b><br><b>NEW CLASS</b> | <b>Music and Memory: Awaken the Minds of Dementia</b><br><i>Gini Cunningham, Author, Alzheimer's Advocate and Researcher</i>                   |
| <b>NOVEMBER 9th</b><br><b>NEW CLASS</b> | <b>Legal Rights/Responsibilities of Caregiving: How to Stay Out of Trouble</b><br><i>Diana Steele, Attorney, El Dorado County Senior Legal</i> |

**Class location is:**

**Lake Tahoe Resort Hotel**  
**4130 Lake Tahoe Blvd. (Hwy 50)**  
**South Lake Tahoe, CA 96150**  
**Time: 1:00 p.m. to 3:00 p.m.**



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**Five consecutive Mondays**

All classes and materials are offered **FREE** of charge. **DONATIONS** are gratefully accepted. "FREE" In-home **RESPIRE** is available to qualified caregivers. Pre-authorization is required for respite services.

**For more information or to register,**  
**e-mail: [tammy.bragg@edcgov.us](mailto:tammy.bragg@edcgov.us) or call El Dorado County Health and Human Services**  
**Family Caregiver Support Program at (530) 621-6369 or 800-510-2020**