



National Family Caregiver Month:

Fall Education Series



Join us for a month of presentations created specifically for YOU, the caregiver! Learn how to care for yourself, stay connected to others, and get some of your questions answered. All presentations will be offered virtually via WebEx and we encourage you to sign up for as many as you'd like!

TUESDAY, OCT. 27

WebEx Orientation 1 - 2 p.m.

with Teri Bradford, Caregiver Support, ADRC

Are you new, or still learning how, to stay connected in this virtual world? Join us as we walk through how to log in to a call, mute/unmute yourself, join in the chat, and end the call.

TUESDAY, NOV. 3



Care of the Caregiver 1 - 2 p.m.

with Lori Lynch, Social Worker, Unity Hospice

Join Lori as she defines who is a caregiver, recognize the difficulties of caregiving, help identify signs and symptoms of caregiver burnout, ways to prevent or combat burnout, and develop a personal action plan. Each attendee will also complete an assessment questionnaire to help you recognize the symptoms of caregiver burnout.

THURSDAY, NOV. 10

Make Your Voice Heard 10 - 11 a.m.

with Casey Beilke (DBS) & Elena Kornis (I&A), ADRC

Advocacy is an essential component to receive the best possible care. It is important for the person receiving care and services to voice their thoughts and opinions. Caregivers, family, and friends can provide support and advocacy as well. Additionally, there are agencies that provide information and advocacy services.

TUESDAY, NOV. 12



Dancing for Joy 11 a.m. - 12 p.m.

with Lisa Pritzl

This class provides a gentle approach to enjoy all the benefits of dance. Many of the dances are performed seated as to create a safe environment for all of our dancers. From ballet to ballroom, our dancers leave class empowered! No experience is needed. Dress comfortably.

TUESDAY, NOV. 17



Cooking for the Caregiver 1 - 2 p.m.

with Ken Hendrickson, Executive Chef, Bellevue Retirement Community

Ideas that are quick yet nutritious. Chef Ken will put together Caprese Meatballs and show various recipes you can utilize with these meatballs. Dessert will be apricots with raspberry sauce. Quick, delicious, and healthy! All recipes will be shared with the group.

THURSDAY, NOV. 19

Power of Attorney & 1 - 2 p.m.

Other Estate Documents

with Daniel J. Walsh, CPA, CELA, Attorney at Law

Learn the importance of both Health Care and Financial Power of Attorney documents. What they are, why they are important, and what happens if you do not have this paperwork in place. We will also touch on Authorization for Final Disposition and special needs trusts. Some of these documents can be completed on your own, while others should be completed with the help of an attorney.

Participants (not registrants) will be entered into a drawing to win a Special Caregiver Basket!

REGISTRATION

Call ADRC to register (920) 448-4300.

To participate, you will need access to a computer/tablet/smartphone, internet access, and an email address. If you do not have access to any of the above, please call ADRC to see how we can help.

Presentations will be recorded and made available at a later date on ADRC's website: www.adrcofbrowncounty.org

