

# FSL Caregiver House



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The upcoming events for:  
January – March 2010

DATE	TIME	TITLE	FACILITATOR
1/25/2010	12:30p-4:30p	<b>Medic First Aid/CPR At FSL Caregiver House</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).	<b>FSL Staff</b>
1/27/2010	10:00a-12:00p	<b>Healthy Nutrition on a Budget At FSL Caregiver House</b> Dana is new to FSL and will be offering classes on nutrition, weight loss, and diabetes. This class will discuss how you can turn just 25 ingredients into 15 fast, healthy meals...Great information for managing food shopping and meal preparation while keeping an eye on your health and money.	<b>Dana Thompson, MS, RD</b>
2/5/2010	12:30p-4:30p	<b>Medic First Aid/CPR At FSL Caregiver House</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).	<b>FSL Staff</b>
2/12/2010	10:00a-12:00p	<b>Shopping Smart for the Heart At FSL Caregiver House</b> With Valentine's Day around the corner, what could be better than learning some new ideas on how to take care of your heart and the hearts of the ones you love! This class will lead you on an aisle by aisle tour of the grocery store right from your seat. Included will be shopping tips, cooking recommendations and ideas for heart health.	<b>Dana Thompson, MS, RD</b>
2/19/2010	9:00a-3:00p	<b>Alzheimer's Disease classes (MAPS) for Caregivers at Beatitudes Center in Phoenix</b> Are you caring for a person with Alzheimer's disease? Come learn about the progression of dementia, along with current and future options, strategies to improve communication and avoid behavioral upsets and resources to help you meet the ever-changing needs of your loved one. You will also learn new ways to improve caregiver health. Fee is \$25 and includes materials, continental breakfast and lunch. <b>Call (602) 839-6850 for more information or to register.</b>	<b>Banner Alzheimer's Institute Staff</b>

<b>DATE</b>	<b>TIME</b>	<b>TITLE</b>	<b>FACILITATOR</b>
2/19/2010	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>			
2/24/2010	8:30a-12:00p	<b>Dementia Overview At FSL Caregiver House</b>	<b>Community Living Resources Staff</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>			
2/25/2010	All day	<b>15th Annual Mo Udall Educational Symposium East Valley At F1 Race Factory, 317 S. 48<sup>th</sup> St, Phx.</b>	<b>Muhammad Ali Parkinson Center (MAPC)</b>
<p>Join the MAPC for valuable education on current topics for people with <u>Parkinson's Disease</u> and their caregivers. Presentations given by experts in the field. <b>Call 602-406-6903 for more information.</b></p>			
2/26/2010	All day	<b>15th Annual Mo Udall Educational Symposium West Valley At Rio Vista Center, 8866-A W. Thunderbird Rd., Peoria, AZ</b>	<b>Muhammad Ali Parkinson Center (MAPC)</b>
<p>Join the MAPC for valuable education on current topics for people with <u>Parkinson's Disease</u> and their caregivers. Presentations given by experts in the field. <b>Call 602-406-6903 for more information.</b></p>			
3/11/2010	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>			
3/12/2010	10:00a- 12:00p	<b>Fruits and Vegetables: The Secret to Better Health At FSL Caregiver House</b>	<b>Dana Thompson, MS, RD</b>
<p>This presentation will cover how to improve your intake of fruits and vegetables in your diet. Increasing these foods will reduce the risk for chronic diseases such as heart disease and diabetes and even reduces the risk of cancer.</p>			
3/13/2010	10:00a-3:00p	<b>Power Over Pain Conference At FSL Caregiver House</b>	<b>Power Of Pain Foundation</b>
<p>This is a FREE conference for individuals affected by chronic pain, caregivers, and healthcare professionals. Come learn the latest information about issues surrounding chronic pain. To reserve your spot <b>call Barby Ingle at (480)502-5818.</b></p>			

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## Announcements

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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 your copy of the  
Equipment and Adaptive Aids Catalog**

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**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.**

**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!**