

# FSL Caregiver House



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## The upcoming events for: July – September 2010

DATE	TIME	TITLE	FACILITATOR
7/20/10	8:30a- 12:00p	<b>Dementia Overview At FSL Caregiver House</b>	<b>Hannele Waissi, MSW CLR Director</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>	
7/20/10	11:00a- 12:00p	<b>Legal and Financial Planning In Chandler</b>	<b>Alzheimer's Association</b>
		<p>Learn about the documents needed and financial considerations for future care planning. This program is sponsored by the Alzheimer's Association, Desert SW Chapter. The location is: <b>Holy Trinity Lutheran Church, 739 W. Erie Street, Chandler. Call: 602.528.0545 for more information and to register.</b></p>	
7/22/10	8:00a- 4:45p	<b>Cool Tools At Glendale Civic Center Exhibit Hall</b>	<b>Vendors</b>
		<p>The Exhibit Hall will be open and FREE during this 12th Annual Assistive Technology Summer Institute. There will be vendors featuring products for people with disabilities, including communication devices. Location is at the <b>Glendale Civic Center, 5750 W. Glenn Dr., Glendale, AZ 85301</b>. This event is sponsored by AZTAP, a great resource for technology devices, especially for communication impairments. For more information <b>contact Martha Lewis at 602-728-9534</b>.</p>	
7/24/10	10a-2:30p	<b>Time Out: Stress Relief for Caregivers Phoenix Adult Day Health Services</b>	<b>Courtney Long, MSW and others</b>
		<p>Topics include "Strengthen Your Shield Against Stress", "Nutrition for Stress Reduction" and "Improving Communication with Alzheimer's Disease". So sit back, relax &amp; learn new ways to stay healthy &amp; energized as you care for others! Lunch is included in this <b>FREE</b> event held at <b>3620 N. 4th Ave, Phoenix AZ, 85013. To register contact Courtney Long at 480-292-2201.</b></p>	
7/29/10	12:00- 1:00p	<b>Brown Bag Lunch with Dana At FSL Caregiver House</b>	<b>Dana Thompson, MS, RD</b>
		<p>Dana Thompson is the registered Dietician and Diabetic Educator who has been working with some of our clients. We are starting a new weekly series of topics aimed at getting to and maintaining a healthy weight. Bring your lunch and join us as we plan what we would like these classes to include.</p>	

8/3/10	10:00-11:00a	<b>Challenging Behaviors: What Are They, What Do I Do? <i>In Scottsdale</i></b>		<b><i>Alzheimer's Association</i></b>
<p>Learn the challenging behaviors that occur in Alzheimer's disease and what they could mean. This program is sponsored by the Alzheimer's Association, Desert SW Chapter. The location is: <b>Granite Reef Senior Center, 1700 North Granite Reef Road, Scottsdale. Call: 602.528.0545 for more information and to register.</b></p>				

8/5, 8/12, 8/19, 8/26	12:00-1:00P	<b>Brown Bag Lunch with Dana At FSL Caregiver House</b>		<b><i>Dana Thompson, RD</i></b>
<p>Dana Thompson is the registered Dietician and Diabetic Educator who has been working with some of our clients. This is a new weekly series of topics aimed at getting to and maintaining a healthy weight. You can join us any week. Call Susan Kilby at 285-0505, ext. 147 for more information.</p>				

8/17/10	10:00-12:00p	<b>Public Forum to Address Disability Issues At The Disability Empowerment Center, Phoenix</b>		<b><i>Arizona Center for Disability Law</i></b>
<p>The Arizona Center for Disability Law is seeking input and suggestions for their new priorities for the next fiscal year, which begins October 1st. To begin that process, the Center will be holding a public forum in Phoenix. If you need more information, please contact the Center at 602-274-6287 or email at <a href="mailto:lfreyer@azdisabilitylaw.org">lfreyer@azdisabilitylaw.org</a>.</p>				

8/20/10	12:30p-4:00p	<b>Caregiving Skills: Bathing and Skin Care At FSL Caregiver House</b>		<b><i>Paula Graves, RN</i></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>				

8/25/10	8:30a-12:00p	<b>Dementia Overview At FSL Caregiver House</b>		<b><i>Hannele Waissi, MSW CLR Director</i></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>				

8/30/10	10:00a-3:30p	<b>Heart Savers First Aid/CPR At FSL Caregiver House</b>		<b><i>Annie Regan CLR Staff</i></b>
<p>This course provides easy to learn emergency techniques to immediately and confidently respond to breathing and cardiac emergencies in adults, and basic first aid measures. First Aid from 10a to 12:30p &amp; CPR from 1-3:30p. Card good for two years (\$35 for non FSL employees).</p>				

9/2, 9/9, 9/16, 9/23	12:00-1:00P	<b>Brown Bag Lunch with Dana At FSL Caregiver House</b>		<b>Dana Thompson, RD</b>
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9/17/10	12:30p- 4:00p	<b>Caregiving Skills: Bathing and Skin Care At FSL Caregiver House</b>		<b>Paula Graves, RN</b>
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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 SL employees).

9/22/10	8:30a- 12:00p	<b>Dementia Overview At FSL Caregiver House</b>		<b>Hannele Waissi, MSW CLR Director</b>
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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).

9/24/10	10:30- 11:30a	<b>The Important Role of Clinical Trials— A Free Teleconference</b>		<b>Cancer Care Connect Education Podcast</b>
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CancerCare's free Connect<sup>®</sup> Education Workshops are a way for people to learn about cancer-related issues from the convenience of their home or office. Leading experts in oncology provide the most up-to-date information on the telephone or via live streaming through the internet and computer. Go to their Website: [http://www.cancercare.org/get\\_help/tew\\_faq.php](http://www.cancercare.org/get_help/tew_faq.php) or call CancerCare at 1-800-813-HOPE (4673) for more information.

9/29/10	12:30-4:30p	<b>Medic First Aid/CPR At FSL Caregiver House</b>		<b>Susan Kilby, RN</b>
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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).

## **Announcements**

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**Would you like Individualized Caregiving Training?**

**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.**

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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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**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 to make an appointment.**

