

National Family Caregiver Support Program
Anne Arundel County Department of Aging and Disabilities
Mary Fridley, RN, BSN, BC—Gero-Resources, LLC

Winter/Spring 2012 CAREGIVER WORKSHOP SERIES

THE CARING FOR YOU SERIES

Workshop #1: Christmas in July??

Loved ones with dementia are trapped in the moment; there is no before or after. If these moments are boring, confusing, or frightening they can result in challenging behaviors. In this workshop caregivers will learn how to identify and engage loved ones in meaningful activities to create joyful moments not only for loved ones but for themselves, too.

Workshop #2: Stop! I want to get off...

The caregiving experience is a roller coaster of emotions and one wonders if the ride will ever end. In this workshop caregivers will learn about normal and not-so-normal emotions. They will learn how to effectively manage stress, understand the meaning of the "Ah Ha!" moment, and learn essential coping skills to be able to enjoy the "ride".

Workshop#3: Health is More than Physical...

Physical, emotional, and spiritual health are a package deal with one being dependent on the others. In this workshop caregivers will learn how to strengthen and maintain their "package deal" through good nutrition, setting and maintaining boundaries, and nurturing their spirits.

Annapolis Senior Center

119 South Villa Avenue, Annapolis
Mondays: May 7, 14, 21
2:30-4:30 pm
Sponsor: Home Instead Senior Care

Brooklyn Park Senior Center

202 Hammonds Lane, Brooklyn Park
Thursdays: May 3, 10, 17
1:00-3:00 pm

Pasadena Senior Center

4103 Mountain Road, Pasadena
Thursdays: June 14, 21, 28
1:00-3:00 pm

Arnold Senior Center

44 Church Road, Arnold
Thursdays: April 5, 12, 19
6:30-8:30 pm

O'Malley Senior Center

1275 Odenton Road, Odenton
Mondays: March 12, 19, 26
5:30-7:30 pm
Sponsor: Kris-Leigh Asst Living

Pascal Senior Center

125 Dorsey Road, Glen Burnie
Tuesdays: May 15, 22, 29
6:30-8:30 pm
Sponsor: Fairfield Nursing & Rehabilitation

South County Senior Center

27 Stepneys Lane, Edgewater
Thursdays: March 1, 8, 15
6:30-8:30 pm

Sponsor: Elizabeth Coonev Care Network

To register for this workshop call: **410-222-4464 ext. 3043** or
Register on-line at: <http://www.aacounty.org/Aging>