

FALL 2019 WORKSHOPS

Registration for Fall Workshops begins on August 1, 2019.

PERSON CENTERED CARE: WHAT FAMILY CAREGIVERS NEED TO KNOW

Nicole Rochester, M.D.

In this workshop, participants will learn about the principles of patient-centered care and the benefits to patients and family caregivers. Dr. Rochester will also discuss the challenges that often interfere with implementation of care, how to recognize whether the medical care being provided is truly patient-centered, and how family caregivers can advocate for their loved ones in healthcare settings.

September 26, 2019; 6:30-8:30 pm
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

COMPASSIONATE TOUCH®

Mary Chaput, M.A., Compassionate Touch Coach & Practitioner

Compassionate Touch® is designed to ease physical behaviors and emotional distress and empowers care partners and other caregivers a way to connect with their loved one in a calm and comforting manner. Come learn the basic technique of providing focused, gentle touch along with a compassionate presence.

October 10, 2019; 1:00-3:00 pm
North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie

THE DIFFERENT TYPES OF DEMENTIA

Mikki Firor, M.S., Gerontologist

There are many misconceptions about the signs and symptoms of dementia. These misconceptions impact the ability to seek a diagnosis or treatment, and the way we care for someone with dementia. This

presentation will discuss the most common types of dementia, the signs, the stages, and the symptoms to help us better understand, identify, and care for people with different types of dementia.

October 24, 2019; 6:30-8:30 pm
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

CAREGIVER MINDFULNESS

Kim Burton

Caregivers experience unique stressors that require attention. This workshop will provide strategies for mindfulness that can be used “in the moment” to diffuse stressors as well as ideas for mindfulness practices that compliment overall self-care practices to meet caregiving challenges.

November 14, 2019; 6:30-8:30 pm
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

STOP ASKING HOW THEIR DAY WAS: CONNECTING MORE MEANINGFULLY WITH PEOPLE WHO HAVE DEMENTIA

Jennifer FitzPatrick, MSW, LCSW-C, CSP

When someone has dementia, asking questions like, “how was your day, Mom?” is often counterproductive. Join us for this interactive program on what to say to someone you love who has dementia and how to establish and maintain more meaningful connections. This program is particularly helpful for those who are visiting their loved ones in senior living communities or at another person’s home.

December 12, 2019; 6:30-8:30 pm
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

WINTER/SPRING 2020 WORKSHOPS

Registration for Winter/Spring Workshops begins December 2019.

DISCOVER THE PROGRAMS

Mary Chaput, M.A., Staff

Department of Aging & Disabilities Staff

Join us as we discuss the number of resources provided by the Department for older adults, individuals with disabilities, and caregivers.

January 9, 2020;

1:00-3:00 pm and 6:30-8:30 pm
North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie

ANTICIPATORY GRIEF

Staff, Hospice of the Chesapeake

While anticipatory grief shares some commonalities with conventional grief, some symptoms are unique. Symptoms can include depression, anxiety and irritability, and mourning changes in the loved one’s personality or appearance. This workshop will focus on how you can redefine hope and focus on quality of life for both you and your loved one.

February 13, 2020; 1:00-3:00 pm
North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie

MECHANICS OF CAREGIVING

Ben Ogundipe, PT

Come learn how to help your loved one with the activities of daily living without jeopardizing your own health as Ben demonstrates injury prevention strategies related to care giving duties.

March 26, 2020; 6:30-8:30 pm
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

ADVANCE PLANNING: MEDICAL, LEGAL AND ENVIRONMENTAL

Elena Sallitto, Esq.; Eric Bush, M.D., RPH, MBA, Hospice of the Chesapeake; Chauncey Hall, Program Director, Arundel Community Development Services

As we look towards the future, most people say they want to age in place. However, to do so requires planning. This multi-session workshop will provide information on legal/financial advance planning, health care decision planning and resources for home modification to help you age in place.

Saturday, April 4, 2020; 8:30 am – 12:00 noon
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

TO TRAVEL OR NOT: 10 TIPS FOR VACATIONS & FAMILY TRIPS WHEN YOU ARE CAREGIVING

Joanna Frankel, MSW, LCSW-C

Traveling with someone you love who needs care is not impossible but it takes a lot of pre-planning. Join us for this interactive program where you will learn how to determine if your loved one is up to taking a trip, how to best prepare for a trip and how to balance safety and fun on a vacation.

May 28, 2020; 6:30-8:30 pm
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

COMMUNICATING THROUGH BEHAVIORS

Mary Chaput, M.A., CDP, CDCP, Dementia Live Coach & Practitioner

Dementia is not just about memory loss. Dementia encompasses functional losses that affect speech, cognition, executive functioning, the five senses, motor skills and the ability to sequence. This workshop will focus on how these losses trigger behaviors and will provide caregivers with communication skills to ensure the best quality of life to our loved ones living with dementia.

June 25, 2020; 6:30-8:30 pm
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

Dinner will be provided at all evening workshops.