

Join us on-line for a series of free, educational videos.

Are you providing care for a family member or friend?  
Are you concerned for the wellbeing of your parents?

[www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)

THE CAREGIVER COALITION OF SAN DIEGO PRESENTS

# CAREGIVER CLIPS

**May 20 12:00pm – 12:30pm**

*“Health Stewardship: Caring for the Gift of Health”*

Nick Yphantides, MD, author of [My Big Fat Greek Diet](#)

**May 27 12:00pm – 12:30pm**

*“50 Ways to Love Your Money”*

Ahnileen Martinez, AARP

**June 10 12:00pm – 12:30pm**

*“Intimacy & Caregiving”*

Marcie Hanna, LCSW, LivHome

Julie Aspiras, MD

**June 17 12:00pm – 12:30pm**

*“Brain Health”*

Diane Darby-Beach, MPH, EdD

Alzheimer’s Association

**Please see our website for more details.**

Sponsored by:

**AARP**<sup>®</sup>

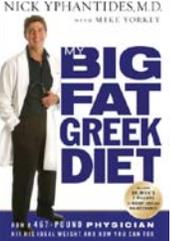


**What are these clips?** Live, streaming videos about caring for loved ones

**Where can I participate from?** Anywhere you can access the internet

# Caregiving Clips Calendar

Noon / Free online live webinars / **Spring 2011** Semester

<p><b>May 20</b></p>	<p><b>2011 Series Kick-Off Health and Wellness</b></p>
 	<p><b>Dr. Nick Yphantides, M.D. Author of "My Big Fat Greek Diet." "Health Stewardship: Caring for the Gift of Health"</b></p> <p><i>Caregivers provide assistance to family members to overcome the challenges of aging. However, caregivers often neglect their own health and needs. We can't help our loved ones if we don't take care of ourselves. Dr. Yphantides, former trustee with the Palomar Pomerado Health, was keynote speaker at the 2010 CSU San Marcos "Because I Care" conference and Vital Aging 2007 and founder of "Health Stewards" <a href="http://www.healthstewards.com">www.healthstewards.com</a></i></p> 
<p><b>May 27</b></p>	<p><b>2011 Financial</b></p>
	<p><b>Ahnileen Martinez, AARP</b></p> <p><b>"50 Ways to Love Your Money"</b></p> <p><i>Tips and information on savings, budgeting, credit cards, debit cards, prepaid cards, managing debt, identity theft, caregiving and planning for the unexpected will be shared. Be S.M.A.R.T. in setting budget and saving goals.</i></p>
<p><b>June 10</b></p>	<p><b>2011 Driving and Transportation</b></p>
	<p><b>Marcie Hanna, LivHome</b></p> <p><b>Julie Aspiras, M.D.</b></p> <p><b>"Caregiving and Intimacy"</b></p> <p><i>Relationships change. Caregiving can disrupt relationships. How can couples and family adjust to their new roles without losing what they had? A frank and sensitive discussion.</i></p>
<p><b>June 17</b></p>	<p><b>2011 Self Care</b></p>
	<p><b>Dr. Diane Darby-Beach, Alzheimer's Association</b></p> <p><b>"Brain Health"</b></p> <p><i>It is never too late! Food and exercise tips to keep your brain as healthy as your body. Research shows how special mental exercise can help. Which are most effective? What nutrients are most beneficial?</i></p>

**Who should watch?** Adult children of aging parents; spouses caring for their loved ones; seniors; professionals in the field of aging. **Where?** Home, work, anywhere you can access the internet. These interactive seminars are easy. All you need is internet access and e-mail.

**I'm interested. What next?** Registration is required. Once you register, you will receive an e-mail with instructions on how to join the viewing.

REGISTER AT: [www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)