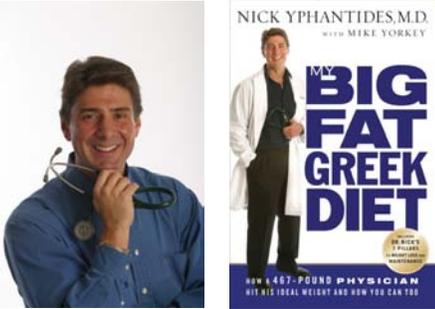


Caregiving Clips

Calendar

Noon = Free online live webinars = Winter 2011 Semester

Feb 18	<p>2011 Series Kick-Off Health and Wellness</p> <p>Dr. Nick Yphantides, M.D. Author of "My Big Fat Greek Diet." "Health Stewardship: Caring for the Gift of Health"</p>  <p><i>Caregivers are those individuals who provide assistance to family members when the challenges of aging make it difficult for them to care for themselves. However, caregivers often neglect their own health and needs. We can't expect to be able to 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 is the founder of "Health Stewards" www.healthstewards.com</i></p>
Feb 25	<p>2011 Legal Issues</p> <p>Scott Stewart, J.D. Elder Care Law Firm</p> <p>"Life Care Planning"</p> <p>The Essential Legal Documents to Achieve Your Aging Desires"</p> <p><i>Will we outlive our money? How can I protect my loved one, our health and our assets? How can I help protect my parents?</i></p>
Mar 4	<p>2011 Driving and Transportation</p> <p>Ahnileen Martinez, AARP</p> <p>"We Need to Talk"</p> <p><i>What are the warning signs to look for when you think your loved one has to give up the keys? Here are tools on how to start the discussion.</i></p>
Mar 11	<p>2011 Self Care</p> <p>Alejandra Ceja- Aguilar, Southern Caregiver Resource Center</p> <p>"Taking Care of Yourself, Inside and Out"</p> <p><i>Taking care of a loved one can take a lot out of you. How can we keep our balance while doing the best we can?</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 www.caregivercoalitionsd.org**
Watch for Spring Semester All New Workshops!