



Caring for Loved Ones with Dementia

SCRIPPS MEMORIAL HOSPITAL ENCINITAS, CONFERENCE CENTER
354 SANTA FE DRIVE, ENCINITAS, CA 92024

EACH SESSION IS FREE. FOR MORE INFORMATION OR TO RESERVE
YOUR SEAT, CALL 1-800-SCRIPPS.

Are you one of the thousands of people who take care of a loved one with dementia? If so, join Debra Lobatz, a licensed marriage and family therapist, for a free series of five classes designed specifically for caregivers. Topics covered include the neurological and psychiatric perspectives of being a caregiver, stress management, nutrition, legal and financial considerations, community resources and assisted living facilities.

Date	Time	Speakers
Thurs., Feb. 10	6-8 p.m.	Michael Lobatz, MD, Scripps neurologist
Thurs., Feb. 24	6-8 p.m.	Renee Dupont, MD, Scripps psychiatrist
Thurs., March 10	6-8 p.m.	Eileen Ackerman, Scripps registered dietitian Julie Chippendale, RN, stress management
Thurs., March 17	6-8 p.m.	Heidi Klippel, estate planning and corporate attorney Christine Dellacato, financial advisor
Sat., March 19	9 a.m.- Noon	Amy Abrams, MSW, geriatric care manager Joan Tincher, RN, geriatric nurse practitioner

Note: On March 19, representatives from the Alzheimer's Association, Southern Caregiver Resource Center, Aging and Independence Services and the Glenner Center will also be available to provide information about their organizations and the services they offer.

