



Calendar of Events

FALL 2011 - SPRING 2012

To register or for additional information for any event please call us.

Para información en Español por favor llame o revise nuestra página.

Cần giúp đỡ bằng tiếng Việt, xin gọi hay coi mạng (website) của trung tâm

800-543-8312

www.caregiveroc.org

***Powerful Tools for Caregiving: Taking Care of You**

Pre-registration required. Suggested donation of \$40 (includes Caregiver Helpbook & Relaxation CD) - (No one will be turned away due to inability to pay)

To enroll in this class, please call the Caregiver Resource Center. Included in your enrollment is an opportunity to have a free in-home Caregiver Assessment that will help you develop a Caregiver Action Plan. This will help you take better care of yourself and your loved one.

The experience of being a family caregiver changes over time and you continue to face new challenges every day. This six-part class will help you improve your self-confidence and problem solving skills. The knowledge and skills you gain will help you better care for yourself and develop creative problem solving. Interactive lessons, brainstorming, and discussion allow you to take the "tools" you choose and put them into action.

2012:

Jan. 5 – Feb. 9	6 – Thursdays	1:00 – 3:30 PM	St. Jude Center for Rehab and Wellness	Brea
April 4 – May 9	6 – Wednesdays	6:00 – 8:30 PM	Mission Hospital	Mission Viejo
July 10 – Aug. 14	6 – Tuesdays	2:00 – 4:30 PM	Park Plaza Retirement	Orange

Caregiver Support Groups

Call or visit our website at www.caregiveroc.org for information on times and locations and other community support groups for family caregivers of adults with brain impairment or eldercare concerns!

Thrive, Not Survive – General Caregiving Group – Brea, Orange, and Laguna Woods

Comestibles for Caregivers – Caregivers of Persons with Aphasia – Fullerton

Nhóm hỗ trợ những người chăm sóc của người Việt Nam - Garden Grove

Café, Charla, y Cuidadores – Santa Ana

Huntington's Disease – Fountain Valley

Telephone Caregiver Support Group

Link2Care On-Line Support – www.link2care.org

Buổi Tuyên Dương: “Những Ngôi Sao Chăm Sóc Cho Thân Nhân Năm Thứ 7”

Buổi Ăn Tối & Văn Nghệ Tuyên Dương Những Người Chăm Sóc Cho Thân Nhân

Ai có thể tham gia? Người chăm sóc cho thân nhân, cao niên trên 60 tuổi bị các bệnh nan y và tật nguyền hoặc thân nhân của bệnh nhân bị suy giảm trí nhớ

Thứ Sáu ngày 18 tháng 11 năm 2011 (Nov. 18, 2011) 5:30 p.m. to 8:30 p.m.

Acacia Adult Day Services - 11391 Acacia Parkway, Garden Grove, CA 92840

Cần Ghi Danh Trước (714) 992-3000 bấm 2438 cho Tâm Hồ hay 2424 Pauline Lê

Caregiver Classes for the Community

[Sandwich Generation](#) – co-sponsored with Council on Aging on the 2nd Sat. of the month, 10:00-12:00 in Santa Ana – Critical decisions need to be made about your loved one's future. This class will provide the signs to follow and tips for the caregiving journey. Register at 714-479-107x258.

[Long Term Care Legal Workshops](#) – offered throughout the county on a monthly basis - Get current information on Medi-Cal Planning for nursing home placement, advanced directives and durable powers of attorney and estate planning from attorneys specializing in "elder-law". *Co-sponsored by the Community Partners Collaborative (Caregiver Resource Center, Alzheimer's Association-OC, UCI Mind Institute, Alzheimer's Family Services Center.) Register at Alzheimer's Association 949-757-3703 or Andrew.eng@alz.org

[Reducing Your Risk for Alzheimer's Disease: Lifestyle Changes and More](#) – Tues. 11/8/11, University Club, UCI, 4:30-6:30 PM – A healthy lifestyle can reduce your risk for Alzheimer's disease and other forms of dementia. Learn more! *Co-sponsored by the Community Partners Collaborative (Caregiver Resource Center, Alzheimer's Association-OC, UCI Mind Institute, Alzheimer's Family Services Center. Register at Alzheimer's Association 949-757-3703 or Andrew.eng@alz.org

[When Parents Have the "Other" Talk with Their Children](#) – offered by Temple Beth Shalom - Tuesday, January 31, 2012, 6:45 – 9:00 PM at Temple Beth Shalom, Orange.

Registration Form

Please complete all of the required information and make sure to check each class or event for which you are registering. If you have questions, please call: 800 – 543-8312

[*Powerful Tools for Caregivers* -- \(Respite may be available\) – No one will be turned away due to inability to pay](#)

2012: (please indicate the session you are interested in by making an "X" next to the listed dates)

<input type="checkbox"/>	Jan. 5 – Feb. 9	6 – Thursdays	1:00 – 3:30 PM	St. Jude Center for Rehab and Wellness	Brea
<input type="checkbox"/>	Apr. 4 – May 9	6 – Wednesdays	6:00 – 8:30 PM	Mission Hospital	Mission Viejo
<input type="checkbox"/>	July 10 – Aug. 14	6 – Tuesdays	2:00 – 4:30 PM	Park Plaza Retirement	Orange

Your Name: _____

Address: _____

City: _____, CA Zip: _____

Telephone #: (_____) _____ Cell phone: (_____) _____

Enclose your check for the donation amount, payable to: "St. Jude – Caregiver", with this registration form and mail to: Caregiver Resource Center – Orange County 130 W. Bastanchury Rd. Fullerton, CA 92835

VISIT US ON-LINE WWW.CAREGIVEROC.ORG

ON-LINE SUPPORT WWW.LINK2CARE.ORG

