

Caregiver Action & Resource Education Series (CARES)

FREE Training & Education for Family Caregivers

April - June 2023

Wednesday

Apr. 12, 2023

1:00-2:30PM



Supporting the Parkinson's Care Partner

(Lisa Mooney, LCSW, Social Worker, Dpt. of Neurology, UC Davis Health)

The diagnosis of a progressive disease like Parkinson's has physical, emotional, financial and spiritual impacts--not only on the person with Parkinson's but also their family and care partners, as well. This presentation will offer resources and support to care partners of a person with Parkinson's throughout the disease process.

REGISTER TODAY tinyurl.com/cares0412

Planning for Aging

(Simone Nazzal, Ed. & Outreach Coordinator at Del Oro CRC)

In this presentation, learn more about what an individual should consider as they are aging, the options for "aging in place" vs. aging in a care setting, and tools to plan effectively for the future.

REGISTER TODAY tinyurl.com/CARES0510

Wednesday

May 10, 2023

1:00-2:30PM



Wednesday

Jun. 14, 2023

1:00-2:30PM



Healthy Living for Brain and Body

(Denise Davis, Program Coordinator at the Alzheimer's Assoc.)

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

REGISTER TODAY tinyurl.com/CARES0614

 **ALZHEIMER'S ASSOCIATION**


DE LORO
caregiver resource center

 **SENIOR CARE Solutions**

If you need someone to take care of your loved one in order to participate, respite may be available. Please request it no later than two (2) weeks prior to the event by calling Del Oro directly at 916-728-9333.