

# FAMILY EDUCATION CAREGIVER CLASSES

A THREE-PART SERIES FOR CAREGIVERS TO UNDERSTAND THE CHANGING NEEDS OF OLDER ADULTS, FEATURING TOPICS SUCH AS LEGAL & FINANCIAL ISSUES, SELF-CARE, AND LOCAL RESOURCES.



**EACH CLASS MEETS REMOTELY  
FOR A SINGLE WEDNESDAY FROM 6 TO 7 P.M.**

**\$10 REGISTRATION FEE PER CLASS**

**SEPTEMBER 23: Caring for a Loved One with Alzheimer's.** Emphasizes caring for someone with Alzheimer's disease or dementia, handling common behaviors associated with the disease such as hoarding and rummaging, safe personal care, and depression among caregivers of loved ones with dementia. Registration code: FM4-401-300

**SEPTEMBER 30: Caring for the Caregiver.** Prepares individuals who are family caregivers to recognize the signs of caregiver stress, identify ways to make time for themselves, and discover ways to access community resources for themselves and their loved ones. Registration code: FM4-402-300

**OCTOBER 7: Legal and Financial Issues.** Caregivers will learn about the legal and financial issues that affect them and the loved one for whom they provide care. Topics include advanced directives, maximizing employee benefits for the caregiver, budgeting, and the Medicare/Medicaid programs. Registration code: FM4-403-300

**REGISTER SEPARATELY FOR EACH SESSION:**

**Call 708.974.2110 or visit [www.morainevalley.edu](http://www.morainevalley.edu)**



**PLOWS**  
Council on Aging





# CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



## Program for Family Caregivers of People with Alzheimer's Disease or Dementia

### Do you provide care for someone with Alzheimer's disease or dementia?

- This program will teach:
  - stress management techniques
  - relaxation and coping strategies
- Program available at no cost

#### Information

**Who:** Family caregivers of someone with dementia

**What:** Multi-component program meets

- 90 minutes/ week for 9 consecutive weeks
- Groups of up to 8 people
- Materials for the program will be provided

**Where:** Online from the privacy of your own home

**When:** Fridays starting September 11 from 10 AM - 11:30 AM

#### REGISTRATION REQUIRED:

Call PLOWS Council on Aging at 708.361.0219

Or e-mail inquiries to Catherine Stowers, Program Manager, at [c.stowers@plows.org](mailto:c.stowers@plows.org)

Presented By



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Council on Aging



Developed At



Partial funding for the program is provided through an award from AgeOptions, the Area Agency on Aging for Suburban Cook County under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. PLOWS Council on Aging does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708.361.0219.

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

# WEDNESDAY MEMORY CAFE

**Wednesday, September 9, 2020**  
**From 10 A.M. to 11:30 A.M.**

Join PLOWS Council on Aging and Community Nutrition Network from the comfort of your own home for our Memory Café, a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. This month features “Mindfulness Meditation and Mind/Body” with Jaci McCarty. Jaci has more than 15 years of experience in mindfulness and yoga and the program focuses on techniques for the mind/body connection, breathing, and movement.



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## **No charge for event**

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## WHEN?

**September 9, 2020**

**10 A.M. -11:30 A.M.**

**Memory Café meets the  
second Wednesday of  
the month.**

## WHERE?

**Remotely**  
**Online via Zoom or**  
**Dial In By Phone**

## REGISTRATION REQUIRED:

**Contact Catherine,**  
**Program Manager,**  
**PLOWS COUNCIL**  
**ON AGING**

**708.274.0052**

**or e-mail**

**[c.stowers@plows.org](mailto:c.stowers@plows.org)**

**Zoom link will be sent  
following registration**

**PLOWS serves 16,000+ individuals in  
20 communities within Palos, Lemont,  
Orland & Worth Townships.**

# NAVIGATING ELDERCARE LEGAL & FINANCIAL ISSUES

For Caregivers, Older Adults,  
Soon-to-Be Seniors & Family Members

**SATURDAY, SEPTEMBER 19, 2020**  
**10 A.M. – 11:30 A.M. REMOTELY VIA ZOOM**

**WHAT?** Educational seminar about Estate Planning, Wills & Trusts, Medicare and Property Tax Savings, Medicaid & more

**FEATURED SPEAKER:** Melissa Kallio,  
**Attorney at Dutton  
Casey & Mesoloras,  
P.C.**, concentrates her  
practice in elder law,



which includes Medicaid planning and applications, litigation for vulnerable adults against abuse, neglect, and exploitation, and guardianship estates. Melissa also serves as a court appointed Guardian ad Litem (GAL) and counsel for Respondents in guardianship estates.



## **REGISTRATION REQUIRED:**

**Contact Catherine at 708.274.0052 or e-mail  
c.stowers@plows.org**

**ZOOM LINK WILL BE SENT FOLLOWING REGISTRATION**



**DUTTON CASEY  
& MESOLORAS P.C.**  
ATTORNEYS AT LAW

ELDER LAW | ESTATE PLANNING | GUARDIANSHIP | PROBATE

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