

# Special Events

Saturdays

Master Caregiver Series

10:00 - 11:30 a.m.

Huntington Hospital Wingate

Building, East Room, First Floor

Strengthen your coping strategies and network with other caregivers in this ongoing series.

September 25 - *Hypertension,*

*Diabetes and Alzheimer's Disease:*

A representative from the Alzheimer's Association describes the role of diabetes and hypertension in your brain's health.

October 16 - *Medical Decisions*

*When They Count Most:* In honor of Health Care Decisions Week, Patty Watson-Wood, R.N., B.S.N. reviews the importance of having

an advance health care directive.

November 13 - *Why Dementia-*

*Specific Facilities Can Be the*

*Option of Choice:* Peggy Franklin

of Mission Lodge discusses care

options for someone with

dementia to help family members

make the best decision.

December 11 - *2011 Medicare Part*

*D Update:* Hear what you need to

know from a Center for Health

Care Rights representative about

your options during the annual

election period between Novem-

ber 15 and December 31.

Reservations: (626) 397-3147. Cost:

Free. Parking: East Parking Structure

at Fairmount Ave. and Congress St.

Fridays, Oct. 15 - Nov. 19

Taking Care of You: Power-

ful Tools for Caregivers

10:00 a.m. - 12:30 p.m.

New location: Pasadena Senior

Center (Details to be sent with

confirmation letter.)

This six-session course for family

caregivers of adults, taught by

Huntington Senior Care Network

staff, provides participants with the

tools to increase self-care skills and

manage difficult situations. Limited

class size. Call (626) 397-3147 for

reservations. Cost: \$40 for six

sessions.