

Topics

Stress in the Caregiver

Nutrition

Medicare Issues

Stress Reduction Techniques

Speakers

Patti Iwaniuk, RN
Dependable Health/Carondelet
Health Network

Kelly Raach
Regional Director Alzheimer's
Association Desert Southwest
Chapter

Teresa Godinez, RYT
Yoga Instructor

Ramona MacMurtrie
SHIP Coordinator for SEAGO

Refreshments/Prizes
Refrigerios/Premios



Southeast Arizona Area Health Education Center
1171 W. Target Range Rd
Nogales, Arizona 85621

alzheimer's  association®

Desert Southwest Chapter

Presents:

***9th Annual Santa Cruz
County Caregiver
Education Conference***

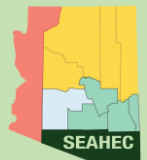
***Friday, September 19th, 2014
8:15 - 12:35***

***To register, please click on this
link:***

<http://2014caregivers.eventbrite.com>

***The Santa Cruz County
Complex
Board of Supervisors' Meeting
Rm. #120***

***2150 N. Congress Drive
Nogales, AZ***



Agenda

Friday, September 19th, 2014

- 08:15 - 9:00 *Registration/Registraciones
Visit Exhibitor Tables/Visita
Mesas de Exhíbidores*
- 09:00 -10:15 *What's for dinner?/
Que hay de comer?
Patty Iwaniuk, RN*
- 10:15-10:30 *Refreshment Break/Receso
Exhibitor Tables-Prizes
Mesa de Exhíbidores Premios*
- 10:30 -11:15 *Coping with Caregivers
Stress / Haciendo frente al
Estrés del Cuidador
Kelly Raach*
- 11:15 -11:30 *Stress Reduction Using
Breathing Techniques/
Técnicas de Respiración para
Reducir el Estrés
Terry Godinez, RYT*
- 11:30 -11:45 *Break/Receso*
- 11:45–12:30 *Getting Help With Medicare
Costs /Cómo obtener ayuda
para los Costos de Medicare
Ramona MacMurtrie*
- 12:35 *Evaluations / Evaluaciones*

Join us for up-to date and high quality information about local resources and the ways that families and professional caregivers can learn to better support and provide comfort for their loved ones.

Admission is free but the seating is limited

**Please register by
Friday September 12th**

Se presentará información actualizada con recursos comunitarios para cuidadores de familia y cuidadores profesionales, para aprender la mejor forma de ayudar y apoyar a sus seres queridos.

Entrada gratuita-Espacio es limitado.

**Fecha Límite
Viernes 12 de Septiembre**

If you need a caregiver to watch your loved one, while you attend the mini-conference:

Si Ud. necesita alguien que cuide a su ser querido para atender a la conferencia, por favor llame a:

**Please call / Favor de llamar a:
Areli Parrales
(520)375-7892**

5 days ahead of time/5 días de anticipo



Register on line /
Regístrese por internet

Go to:

<http://2014caregivers.eventbrite.com>

No computer, no internet,
No problem!

Call Claudia at
SEAHEC (520) 287-4722
info@seahec.org

Or
Areli at Public Fiduciary
(520) 375-7892