



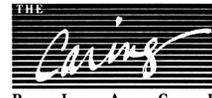
# The Journey

## A Series For Family Caregivers

**The Aging and Disability Resource Center (ADRC) of Waukesha County** in partnership with its contracted **Adult Day Service Providers** and the **Alzheimer's Association**, is presenting this unique series for family caregivers. This **FREE** Eight-Part series of educational programs will be hosted primarily at Adult Day Care facilities in Waukesha County. Caregivers and their loved ones will have an opportunity to experience local Adult Day Center respite services while attending many of the individual programs. **Pre-registration is required for all programs.**

**Free On-Site Respite—Space Limited. Respite should be arranged when registering.** All Programs are FREE.

<b>Session 1</b> <b>Tuesday, April 12</b> <b>6:00—8:00 pm</b>	<b>Memory Loss, Dementia and Alzheimer's Disease: The Basics</b> Presenter: Judy Gunkel Community Outreach Coordinator Alzheimer's Association	<b>Curative Care Network</b> 149 Wisconsin Ave. Waukesha (Free Respite May Be Available) <b>Register by April 5th:</b> Call Jennifer or Christa at 262-574-9147 or email <a href="mailto:jmcalister@curative.org">jmcalister@curative.org</a>
<b>Session 2</b> <b>Monday, May 9</b> <b>2:00—4:00 pm</b>	<b>Activities and Behaviors: What's the Connection?</b> Presenter: Diane Baughn Education and Training Services Manager Alzheimer's Association	<b>Lutheran Social Services</b> 2000 Bluemound Road, Room: Atrium Waukesha (Free Respite May Be Available) <b>Register by May 2nd:</b> Call Darcie at 262-751-5950 or email <a href="mailto:darcie.nissen@lsswis.org">darcie.nissen@lsswis.org</a>
<b>Session 3</b> <b>Thursday, June 9</b> <b>2:30—4:30 pm</b>	<b>Medication Checkup: Using Your Pharmacist as a Resource</b> Presenter: Claire M. Sedushak, RPh, MA, CSA Senior Care Pharmacist Aurora Pharmacy	<b>Catholic Charities</b> 13700 W. National Ave., Suite 115 New Berlin (Free Respite May Be Available) (Located in the ProHealth Professional Building) <b>Register by June 2nd:</b> Call Susan at 262-782-0740 or email <a href="mailto:syee@ccmke.org">syee@ccmke.org</a>
<b>Session 4</b> <b>Wednesday, July 13</b> <b>1:00—3:00 pm</b>	<b>Taking Care Through Healthy Eating and Exercise</b> Presenter: Mary Check Smith, MS, Certified Dietitian Nutrition and Aging Services Supervisor Aging and Disability Resource Center of Waukesha County	<b>Curative Care Network</b> N84 W19100 Menomonee Avenue Menomonee Falls (No Respite Available) <b>Register by July 6th:</b> Call Jennifer or Christa at 262-574-9147 or email <a href="mailto:jmcalister@curative.org">jmcalister@curative.org</a>
<b>Sessions 5 - 8 on back</b>		Questions about the series? Call Judy at 262-548-7224.





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### Did you know about the offerings at Adult Day Centers?

- State certified programs at affordable prices.
- Experienced staff including nursing and activity professionals.
- Ancillary services such as bathing, podiatry and beautician.

**Call today to set up a tour and complimentary visit!**

**Pre-registration is required for all programs.**

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<p><b>Session 5</b>  <b>Friday, August 12</b>  <b>12:30—2:30 pm</b></p>	<p><b>Beyond Guilt:</b>  <b>Managing Emotions for Successful Caregiving</b>          Presenter: Debbie Wakefield, MSW, LCSW          Consultation and Care Management          Geriatric Support and Pathway Care</p>	<p><b>Catholic Charities</b>          Best of Friends Adult and Resource Center          1755 W. Calhoun Road, 2nd Floor          Brookfield (Free Respite May Be Available)          Located in St. John Vianney Church Parish Ctr.)  <b>Register by August 5th:</b> Call Susan Yee at 262-782-0740 or email syee@ccmke.org</p>
<p><b>Session 6</b>  <b>Wednesday, September 15</b>  <b>12:30—2:30 pm</b></p>	<p><b>Choosing Hospice:</b>  <b>Making Informed Choices for the Journey's End</b>          Presenters: Terrilynne Koepke, BA, Home and Hospice Advantage, Debbie VanStraten, BA, Odyssey Hospice and Mary Ruth Johnson, BA, The Caring Place</p>	<p><b>The Caring Place</b>          810 N. East Avenue          Waukesha (Free Respite May Be Available)  <b>Register by September 8th:</b> Call Mary or Sue at 262-542-6388</p>
<p><b>Session 7</b>  <b>Wednesday, October 12</b>  <b>2:00—4:00 pm</b></p>	<p><b>Partnering with Your Doctor:</b>  <b>Getting the Most Out of Your Medical Visits</b>          Presenter: Diane Baughn          Education and Training Services Manager,          Alzheimer's Association</p>	<p><b>Lutheran Social Services</b>          W180 N7863 Town Hall Road          Menomonee Falls (Free Respite May Be Available)          Located in Gloria Dei Lutheran Church)  <b>Register by October 5th:</b> Call Darcie at 262-751-5950 or email darcie.nissen@lsswis.org</p>
<p><b>Session 8</b>  <b>Tuesday, November 8</b>  <b>6:00—8:00 pm</b></p>	<p><b>Living at Home:</b>  <b>The First Choice for Families</b>          Panel for this interactive session will include both family caregivers and professionals from Waukesha County.          • This session is the same as Thursday, November 10.</p>	<p><b>Alzheimer's Association</b>          620 S. 76th Street, Suite 160          Milwaukee (No Respite Available)  <b>Register by November 1st:</b> Call Judy at 262-548-7224 or email judy.gunkel@alz.org</p>
<p><b>Session 8</b>  <b>Thursday, November 10</b>  <b>1:00—3:00 pm</b></p>	<p><b>Living at Home:</b>  <b>The First Choice for Families</b>          Panel for this interactive session will include both family caregivers and professionals from Waukesha County.          • This session is the same as Tuesday, November 8.</p>	<p><b>Aging and Disability Resource Center</b>          Health and Human Services Center Building          500 Riverview Ave., Entrance Door 5A          G137 Conference Room          Waukesha (No Respite Available)  <b>Register by November 3rd:</b> Call Judy at 262-548-7224 or email judy.gunkel@alz.org</p>