

FREE EVENT! OPEN TO THE PUBLIC!

COLLEGE AVE BAPTIST CHURCH—APRIL 27TH

Are you providing care for a family member or friend?

Are you concerned for the well being of a parent?

Join other family caregivers at this FREE event!

CAREGIVER COALITION

*Improving the Quality of Life for Caregivers,
their Families and the Community.*

www.caregivercoalitionsd.org

THE CAREGIVER COALITION OF SAN DIEGO, IN COLLABORATION
WITH ASSEMBLYMEMBER MARTY BLOCK PRESENT:

FINDING THE BALANCE IN CAREGIVING



**Friday, April 27th
9:00am to 1:00pm**

College Avenue Baptist Church
4747 College Ave.
San Diego, CA 92115

**For more Information and to
Register, Please Call:
1 (800) 827-1008**

**Continental Breakfast and Light Lunch
Will Be Provided**

**Free Hypertension Screenings,
Educational Presentations,
Giveaways and Resource Booths!**

www.CaregiverCoalitionSD.org

**Free Care for Your Loved One is
Available; Provided by
At Your Home Familycare.
Please call to register.**

Brought to you by:



&



MARTY BLOCK
Assemblymember - Seventy-Eighth District
California Legislature

“Finding the Balance in Caregiving”

9:00-9:15 **Registration, Light Breakfast, and Resource Fair**

9:15-9:45 **Opening Remarks**
Andrea Holmberg; Sharp Grossmont Senior Resource Center
Welcoming by Assembly member Marty Block

9:45-10:15 **Managing the Emotional Aspects of Caregiving**
Alejandra Ceja-Aguilar; Southern Caregiver Resource Center

10:15-10:45 **Resource Fair and Transition into Breakout Sessions**

	ROOM 202	ROOM 205	ROOM 206	ROOM 209
10:45-11:15	Hiring a Caregiver Cindy Wilson; Heritage Senior Care	Health Care Planning for Your Loved One Janine Lortscher; Sharp HospiceCare	Legal Strategies for Caregivers Lois Kelly; Elder Law and Advocacy	Understanding Residential Care Options Bill Mathis; Always Best Care Senior Services
11:20-11:50	Hiring a Caregiver Cindy Wilson; Heritage Senior Care	Health Care Planning for Your Loved One Janine Lortscher; Sharp HospiceCare	Legal Strategies for Caregivers Lois Kelly; Elder Law and Advocacy	Understanding Residential Care Options Bill Mathis; Always Best Care Senior Services

11:50-12:00 **Return to the Gym**

12:00-12:30 **Light Lunch**
Provided by:
San Diego Hospice and The Institute for Palliative Medicine
AALL CARE In Home Services

12:30-1:00 **Understanding the Stages of Alzheimer’s Disease**
Jatana Williams; Silverado Hospice

1:00 **Closing Remarks**

A Special Thanks to All of Our Sponsors

A1 Hearing, AALL CARE In Home Services, Always Best Care Senior Services, At Home Care Solution, At Your Home Familycare, College Avenue Baptist Church, ElderHelp of San Diego, Elder Law and Advocacy, Heritage Senior Care, HICAP, Northcoast Home Health Products, San Diego Hospice and The Institute for Palliative Medicine, Sharp Grossmont Senior Resource Center, Sharp HospiceCare, Silverado Hospice, Southern Caregiver Resource Center, and St. Paul’s PACE