



Food for Thought Lunchtime Series

As a service to our community, these educational sessions are free of charge.

June

Understanding Adult Dementia **Wednesday, June 19, 2019 Noon – 1:00p.m.**

Understanding and knowing what activities a person will enjoy and benefit from are just as important as knowing what medical questions to ask. Come learn how you can take care of yourself as a caregiver and when to ask for help or respite care.

"Caring for a Person with AD" guides published by the National Institute on Aging will be available to participants.

Presenter: Angelika Russell, CMC, Owner & Certified Geriatric Care Manager

July

What's going on with Medicare? **Wednesday, July 24, 2019 Noon – 1:00p.m.**

Navigating through the healthcare system can be complicated. There have been many changes in Medicare, join us as we learn about these changes and how they affect us and/or those we serve.

Presenter: Ann Marie Bonito, Licensed Medicare Insurance Agent

August

Navigating through ALTCS **Wednesday, August 21, 2019 Noon – 1:00p.m.**

Many of us will need or know someone who needs long term care. Learn about ALTCS, Arizona Long Term Care System, and the benefits it provides.

Presenter: Dave Huntoon, Eligibility Specialist, Senior Application Services, LLC

September

How to Prevent and Manage Factors that Contribute to Falls **Wed., Sept. 18, 2019 Noon – 1:00p.m.**

Quality of life can diminish dramatically as a result of a fall for older adults; prevention is key. Join us as we learn how minimize the risk and create a safe environment.

Presenter: Staff from Aventas Home Health

October

Mindfulness – Mind & Body Techniques **Wednesday, October 16, 2019 Noon – 1:00p.m.**

Mindfulness-Based Stress Reduction (MBSR) helps us use our innate resources and abilities to respond more effectively to stress, pain, and illness. Learn how you can integrate this when visiting your healthcare professional.

Presenter: Dr. Frederick W. Van Hook, MD Integrative & Geriatric Medicine

November

10 Warning Signs of Alzheimer's **Wednesday, November 20, 2019 Noon – 1:00p.m.**

Alzheimer's has touched or will touch us all; directly or indirectly. Join us as we learn from the experts how to recognize warning signs.

Presenter: Staff from the Desert Southwest Chapter - Alzheimer's Association

RSVP Requested: Kenya Romero (520) 284-9334 or email: kromero@harmonyhospice.org

Location of Trainings: 1200 N El Dorado Place, Suite B-200 Tucson, AZ