



# February 2016

## Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	1 <b>Monday Mojo for Caregivers</b> Finding Inner Peace When You're Feeling Overwhelmed <i>Watch on our website</i>	2	3 <b>Wednesday Workshop</b> How to Respond to Repetitiveness in Alzheimer's <i>Watch on our website</i>	4 <b>Alzheimer's Training</b> 8:30am-12:30pm Alzheimer's Training Level 1 1:00pm-5:00pm Alzheimer's Training Level 2 <i>Register at (561) 588-4545 \$35.00</i>	5	
	8 <b>Monday Mojo for Caregivers</b> Morning Routines That Will Inspire You to Get Out of Bed <i>Watch on our website</i>	9	10 <b>Wednesday Workshop</b> How Stress Affects the Brain <b>Companion Training</b> 9am-3pm An In-Depth Training Program for Companions	11 <b>The Reef Just for Men</b> Things You Can Do to Become a Better Caregiver <i>Watch on our website</i>		
Week 3	15 <b>Monday Mojo for Caregivers</b> Inspirational Quotes About Love and Life <i>Watch on our website</i>	16 <b>Family Caregiver Workshop</b> 12:00pm-1:30pm Making Moments Matter: A viable alternative to adult day care <i>Register at (561) 588-4545</i>	17 <b>Wednesday Workshop</b> What to Do When a Loved One Doesn't Recognize You <i>Watch on our website</i>	18 <b>Companion Training</b> 9:00am-3:00pm An In-Depth Training Program for Comforting Companions <i>Register at (561) 588-4545</i>		19 <b>Paint for Fun™</b> 10am-12pm Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	22 <b>Monday Mojo for Caregivers</b> Easy Ways to Get Out of the House for "ME Time" <i>Watch on our website</i>	23 <b>CNA/HHA Training</b> 1:00pm-5:00pm 4-Hour CNA/HHA Making Moments Matter Training: Person-Centered Home Care \$25.00	24 <b>Wednesday Workshop</b> The Benefits of Coaching for Caregivers <i>Watch on our website</i>	25 <b>Volunteer Training</b> 9:00am-3:00pm An In-Depth Training Program for Volunteers <i>Register at (561) 588-4545</i>		26 <b>Waves of Faith</b> Reconnect to Your Spirit Non-Denominational Prayer and Inspiration <i>Watch on our website</i>
Week 5	29 <b>Monday Mojo for Caregivers</b> Positive Affirmations for Family Caregivers <i>Watch on our website</i>	----	----	<p>(561) 588-4545</p> <p>2328 10<sup>th</sup> Ave N #600, Lake Worth, FL 33461</p> <p><a href="http://www.AlzheimersCareResourceCenter.org">www.AlzheimersCareResourceCenter.org</a></p>		