

### **DIRECT SERVICES**

Aging & Disability  
Resource Connection  
(ADRC)

Chore

Family Caregiver  
Support Program

Health Insurance  
Counseling & Advocacy  
Program (HICAP)

Health Promotion/  
Group Exercise

Homemaker

Information &  
Assistance

Multipurpose Senior  
Services Program  
(MSSP)

Nutrition Education

Personal Care

Residential Repairs &  
Modifications

### **CONTRACTED SERVICES**

Elder Abuse Prevention

Legal Assistance

Ombudsman

Senior Meal Program

Congregate/  
Home Delivered

Transportation

February 4, 2024

Jenny Lind Veterans Memorial District  
P.O. Box 548  
Valley Springs, CA 95252

Board Members,

The Family Caregiver Support Program is a not for profit organization that utilizes federal and states dollars as well as grant funds when available.

Our program currently serves over 100 caregivers through our 5 county public service area.

As part of our services we provide education to caregivers and their communities. We have partnered with the Alzheimer's Association of Northern California and Northern Nevada to bring a free education series to Calaveras County. We would like to feature one of these events in Valley Springs in order to provide services to the community.

Our budget is limited and we have 16 events throughout the community. Area 12 Agency on Aging is asking the Jenny Lind Veterans Memorial District to wave the fee for 1-2 events from March 2024-June 2025.

If you have any questions about the provided information, please give me a call.

My office hours are: Monday – Friday from 8:00 - noon and 1:00 - 5:00. My phone number is: 532-6272 ext. 220

Sincerely,



Alicia Hanks, Care Coordinator  
Family Caregiver Support Program



# Alzheimer's and Dementia Caregiver Education Calendar of Events

Area 12 Agency on Aging and the Alzheimer's Association  
have partnered to bring dementia specific education free of charge.

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19

9:00 – 11:00am  
A Caregivers Guide to Managing Money  
Amador Senior Center  
Jackson, CA  
[REGISTER NOW](#)



1:30 – 3:30pm  
10 Warning Signs of Alzheimer's  
Southside Community Center  
Groveland, CA  
[REGISTER NOW](#)



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29

10:00 – 12:00pm  
Effective Communication and Behavior Strategies  
Midpines Community Hall  
Midpines, CA  
[REGISTER NOW](#)



3:00 – 5:00pm  
Effective Communication and Behavior Strategies  
Jamestown Community Hall  
Jamestown, CA  
[REGISTER NOW](#)



For more information, email [info@area12.org](mailto:info@area12.org)

# Alzheimer's and Dementia Caregiver Education Calendar of Events

Area 12 Agency on Aging and the Alzheimer's Association  
have partnered to bring dementia specific education free of charge.

M  
A  
Y

22

9:00 – 11:00am  
Understanding Alzheimer's and Dementia  
Ione Family Resource Center  
Ione, CA  
[REGISTER NOW](#)



1:00 – 3:00pm  
Understanding Alzheimer's and Dementia  
Mariposa Senior Center  
Mariposa, CA  
[REGISTER NOW](#)



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24

10:00 – 12:00pm  
Understanding Alzheimer's and Dementia  
Sierra Senior Providers  
Sonora, CA  
[REGISTER NOW](#)



2:00 – 4:00pm  
A Caregivers Guide to Managing Money  
McCay Hall  
Catheys Valley  
[REGISTER NOW](#)



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# Alzheimer's and Dementia Caregiver Education Calendar of Events

Area 12 Agency on Aging and the Alzheimer's Association  
have partnered to bring dementia specific education free of charge.

## The 10 Warning Signs of Alzheimer's

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor

## Understanding Alzheimer's and Dementia

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

## Effective Communication and Behavior Strategies

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with dementia. Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more

## Managing Money: A Caregivers Guide to Finance

Caregivers: How much do you know about managing money? This free online program by the Alzheimer's Association® will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support.

## Healthy Living for Your Brain and Body: Tips from the Latest Research

Join us to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging



Area 12 Agency on Aging  
19704 Standard Road  
Sonora, CA  
209.532.6272  
800.510.2020

Alzheimer's Association  
24/7 Helpline: 800.272.3900  
alz.org

For more information, email [info@area12.org](mailto:info@area12.org)