

From the community

The most current info on how to care for someone with memory loss

By Ginny Richardson
Western Springs Community Member
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The Birches Assisted Living and Home Helpers HomeCare are collaborating to present a free educational series titled, "Caring Matters: a Four-Part Program for Those Caring for People with Memory Loss." Sessions take place on Wednesdays from 6:30 – 8:30 p.m. Oct. 13, 20, Nov. 2 and 10, at The Birches, 215 55th St., Clarendon Hills, Illinois.

The first 50 people to register for one or all sessions will receive a free copy of the book, *Caring for a Person with Alzheimer's Disease*.

Carol Weigel, marketing director at The Birches Assisted Living, will facilitate the sessions. Refreshments will be served, and a resource table will be available. Attendees may participate in one or all free sessions.

"Throughout the series, we will be going over successful approaches that we have learned over the years from research, seminars, and working hands-on in the field," said Jackie Raschke, director of Encore and Dementia Services at The Birches. "We will share what works for us while caring for those living with dementia."

"The goal of the series is to give people up-to-date information about Alzheimer's disease and tools to start using immediately to improve family life while facing the challenges of memory loss," said Annette McClain, care coordinator, Home Helpers HomeCare.

The sessions are as follows:

Session 1: A Journey through Memory Loss

6:30 – 8:30 p.m. Wednesday, Oct. 13

Melanie Chavin from the Alzheimer's Association will provide an overview of dementia, current research, and information about diagnoses and medication. Jackie Raschke, director of Encore and Dementia Services at The Birches, will present "What to Expect for the Future." The session will end with questions and answers.

Session 2: Tried and True Approaches to Care that Work

6:30 – 8:30 p.m. Wednesday, Oct. 20

Jackie Raschke, director of Encore and Dementia Services at The Birches, will present information on successful approaches used with residents living with Alzheimer's disease and other forms of dementia. The Best Friends approach as well as Safe Return will be discussed. The session will end with questions and answers.

Session 3: Care Made Easier: Enhancing Communication, Reducing Challenges

6:30 – 8:30 p.m. Wednesday, Nov. 2

Jackie Raschke, director of Encore and Dementia Services at The Birches, will present information about specific behaviors and what they may mean for people living with Alzheimer's disease and other forms of dementia. Information about communication will be provided including tips for the approaching holidays. The session will end with questions and answers.

Session 4: Care Options to Keep You Informed

6:30 – 8:30 p.m. Wednesday, Nov. 10

Mary Doepke, RN, and Mike Doepke, owners of Home Helpers HomeCare, will present information about home care including general safety tips, safety in and out of the home, prevention, how to minimize dangers, and home devices that promote safety such as room monitors, door alarms, etc. Jackie Raschke, director of Encore and Dementia Services at The Birches, will lead a discussion about caring for the caregiver. Carol Weigel, director of marketing at The Birches, will present facility options including day care and questions to ask when placing someone. The session will end with questions and answers.

The workshop is free, but registration is requested. Call Carol Weigel at 630-789-1135 or go to: <http://www.birches.net>.

The Birches Assisted Living provides caring and professional assisted living services that assure its residents safety, security and comfort. Located in Clarendon Hills, The Birches offers a full calendar of programs and activities designed to promote a stimulating and rewarding retirement lifestyle.

Home Helpers HomeCare is the nation's leading senior care franchise specializing in non-medical and personal care and companionship for seniors, new mothers, those recovering from illness or injury and individuals facing lifelong challenges. Mike and Mary Doepke have owned their Hinsdale office for more than five years and were recently honored at the company's annual national conference.