



FREE CLASSES FOR SENIORS

AGING AND MEMORY CARE PLANNING

Wednesday, October 2, 2019 @ 10am

Have you ever asked yourself “He just introduced himself and I can’t remember his name?” Some changes are to be expected as we get older. Other changes are not normal. Come to this informational class to learn about the following:

- ◆ What are normal memory changes throughout the lifespan?
 - ◆ How does memory work and what can I do to take care of my memory?
 - ◆ Know the 10 signs of memory loss (Alzheimer’s Association).
 - ◆ Learn how to develop a care plan for a loved one with Dementia.
 - ◆ Learn resources and information to equip yourself to navigate this heartfelt but very challenging time.
- Presented by: Sheila Goodfellow, CSA & Transitional Care Manager & Denise Davignon, RN, COMFORT KEEPERS**

HOSPITALIZATION HAPPENS: KNOW YOUR OPTIONS & RESOURCES

Tuesday, October 22, 2019 @ 10am

Whether it's a planned hospital stay or an emergency, the actual discharge process can be a whirlwind of tough decisions. You may need housing, rehabilitation or home care. Because of changes in Medicare funding rules, much of the care will not be at the hospital but provided after you are discharged at home or at a skilled community. Learn about Medicare rules regarding your options if you are on observation verses being admitted. Educating yourself on options will ease your stress level during your road to recovery. Learn how to be the best advocate for yourself or a loved one. Planning and Advanced Directives will also be discussed.

Presented by: Sheila Goodfellow, CSA & Transitional Care Manager, COMFORT KEEPERS

Classes held at:

Des Moines Activity Center
2045—S. 216th St.
Des Moines, WA 98198

Please register by calling 206-878-1642

