

PLOWS COUNCIL on AGING Events



My name is Catherine and I am the Caregiver Specialist at PLOWS Council on Aging. Below is some information on upcoming events.

Anyone that is interested in any of the events, they can contact Catherine Stowers, LCSW, Caregiver Specialist (708)361-0219 or Aileen Kokaska LCSW, Caregiver Specialist (708)361-0219.

Memory Café: A Memory Café is a social gathering for people living with dementia and other forms of cognitive impairment and their care partners. The Café will provide engaging presentation, friendly conversation, and an opportunity to simply relax and feel welcomed by and connected to their own community. Innovative program providing an opportunity for participants to focus on supportive, affirming, and stimulating interactions with one another.

The Memory Café will be held at the Community Nutrition Network Site in Hometown. There is no charge for participants.

Scheduled for the second Wednesday of every month; February through September 2019, 10AM-11:30AM, followed by a complimentary lunch.

Contact PLOWS to register or with additional questions.

Family Education Caregiver Courses: Each class is 1 Wednesday, 6PM-7:30PM, Room T909, Moraine Valley Community College Campus. 9000 W College Parkway, Palos Hills, 60465.

There is a \$5 registration fee per class. Registration: Call Moraine Valley Community College's Registration Office, (708)974-2110; in-person in Building S on main campus, or through morainevalley.edu.

March 20-Legal and Financial Issues: Caregivers will learn about the legal and financial issues that affect them and the loved one for whom they provide care. Topics include advanced directives, maximizing employee benefits for the caregiver, budgeting, and the Medicare/Medicaid programs. Registration code: FM4-403-200.

March 27-Caring for a Loved one with Alzheimer's or Dementia: Emphasizes caring for someone with Alzheimer's disease or dementia, as well as how to handle common behaviors associated with the disease such as hoarding, rummaging, safe personal care, and depression among caregivers of loved ones with dementia. Registration code: FM4-401-200.

April 3-Caring for the Caregiver: Prepares individuals who are family caregivers to recognize the signs of caregiver stress, identify ways to make time for themselves, and discover ways to access community resources for themselves and their loved ones. Registration code: FM4-402-200.

6 Week Support Groups Forming at PLOWS Council on Aging Registration required for all support groups. Questions or wanting to enroll, call PLOWS at (708)361-0219. Groups forming now. All starting dates to be determined.

Grief and Loss: PLOWS will host a group for those grieving the loss of a loved one. The pain of loss can be overwhelming, but there are healthy ways to cope. Participants will help each other through shared experiences. The group will provide education and healing in a supportive environment.

Grandparents and Other Relatives Raising Children: You are not alone! Over 200,000 children under 18 years of age are being raised by a grandparent or other relative. PLOWS is hosting a support group for grandparents and other relatives raising children. In addition to the emotional and social support provided, each session will have a specific focus, including financial and legal assistance, building relationships, and caring for oneself along the way. Knowledgeable and experienced guest speakers will provide information and guidance. We strongly encourage all grandparents and other relatives raising children to take advantage of this opportunity.

Caregiver: Family members and friends caring for a loved one 60 years of age or older are invited to join this supportive informative group. Caregiving is challenging and it can be emotionally healing to talk to others in similar situations. This group provides education, emotional support, and social interaction in a safe, supportive environment. Interested persons will be screened to make sure this group is a good fit.

Navigating Eldercare Issues: PLOWS is once again offering one of our most popular and educational seminars – *Eldercare Legal and Financial Information*. This program benefits Caregivers, Older Adults, soon-to-be seniors, and family members.

Join us on Saturday, **April 27, 2019**, from 10:00AM-12:00PM. Location pending. Please check our website after March 1st or our March newsletter for location.

Helen Mesoloras, Certified Elder Law Attorney, former President of the National Academy of Elder Law Attorneys, Illinois Chapter, and principal at the firm of Dutton Casey & Mesoloras, P.C., and a PLOWS Council on Aging program manager are our featured speakers. This educational seminar will address estate planning, wills and trusts, advance directives, and Medicaid issues. In addition, you will learn about property tax benefits, Medicare Parts B and D subsidies – known as Medicare Savings Programs and Extra Help, SNAP, and assistance available to offset utility costs. For further information or to register call PLOWS at 708.361.0219. Seating is limited so make your reservation early.

Alzheimer's Community Forum: PLOWS will be joining the Alzheimer's Association at their Community Forum at the Palos Heights Public Library, 12501 South 71st Avenue in Palos Heights on Wednesday, March 27th, 2019. Participants will learn about Alzheimer's Disease, dementia, and memory loss. In turn, PLOWS and the Alzheimer's Association will lead a discussion as to how we can be more helpful in the community. Light refreshments will be provided.

Register directly with the Alzheimer's Association by calling 1-800-272-3900. A follow-up program, Understanding and Responding to Dementia-Related Behaviors, will be offered jointly by PLOWS and the Alzheimer's Association. Stay tuned for details.

PLOWS Council on Aging
7808 W College Drive, 5 East
Palos Heights, IL. 60463
(708)361-0219
(708)361-9853 (fax)