

Alden FALL/WINTER 2009 PROGRAMS

THE CAREGIVING YEARS: SIX STAGES TO A MEANINGFUL JOURNEY

The 'Caregiving Years' describes the path that caregivers take – from expectant caregiver, freshman caregiver, entrenched caregiver, pragmatic caregiver, transitioning caregiver, and finally godspeed caregiver. Learn how to navigate successfully through these stages of caregiving.

Tuesday, September 29, 9-11 a.m.

Alden Estates of Barrington

Tuesday, October 27, 9-11 a.m.

Alden Valley Ridge

Tuesday, October 6, 9-11 a.m.

Alden Lincoln Park

Tuesday, December 1, 4:30-6:30 p.m.

Alden Gardens of Waterford

EXPERIENCING HEALTHY GRIEF

One human emotion that everyone experiences is that of loss and grief. Attend this session to learn how to manage grief and be more helpful to others. Healthy and creative ways to experience healing also will be discussed.

Thursday, October 8, 10 a.m.-Noon

Alden Meadow Park

Tuesday, November 24, 9-11 a.m.

Alden Town Manor

CRISIS INTERVENTION: BEYOND ASSESSMENT & REFERRAL

Working with someone who is experiencing a crisis can be a very intimidating experience. This seminar will help participants identify and define a crisis situation as well as address its causes. Attendees also will learn to use a simple 5-step Model of Crisis Intervention in addressing a variety of populations and situations.

Thursday, November 5, 5:30-7:30 p.m.

Alden Lincoln Park

Wednesday, November 18, 5:30-7:30 p.m.

Alden Northmoor

PERSONALITY DISORDERS IN THE ELDERLY

Attend this seminar to learn about various personality disorders and how to clinically identify signs and symptoms in the elderly. Behaviors associated with personality disorders will be presented as well as clinical studies. Treatment options also will be discussed.

Thursday, October 29, 9-11 a.m.

Alden Estates of Naperville

Wednesday, December 2, 9-11 a.m.

Alden Valley Ridge

IN THE SHADOW OF SCHIAVO: HEALTH CARE WISHES AND END-OF-LIFE PLANNING*

The Terry Schiavo case alerted Americans about the importance of preparing a living will and making end-of-life decisions. Participants will:

- Learn how to determine who has the authority to make health care decisions
- Learn about the statutory power of attorney for health care
- Review the health care power of attorney known as '5 Wishes'
- Discuss an Illinois living will vs. Illinois health care power of attorney

Thursday, October 15, 5:30-7:30 p.m.

Alden Orland Park

Thursday, December 3, 9-11 a.m.

Alden Poplar Creek

THE AMERICANS WITH DISABILITIES ACT: IMPACT ON SENIOR SERVICES

Attend this session to learn about the Americans with Disabilities Act (ADA), including the definition of disability; legislative history; ADA definitions applicable to local government and non-profit senior service providers; reasonable modifications; best practices; transportation; essential eligibility; and compliance resources.

Tuesday, October 20, 9-11 a.m.

Alden Poplar Creek

Tuesday, November 10, 10 a.m.-Noon

Alden Meadow Park

ETHICAL DECISION-MAKING IN HEALTH CARE SETTINGS

By definition, an ethical dilemma involves the need to choose from among two or more morally acceptable courses of action. Attend this session to learn how advances in medical and information technologies, increased economic stress and renewed emphasis on team-based approaches to care are among the many factors increasing the prevalence and complexity of ethical issues in health care. Participants will review case studies as well as quality-of-life issues, cultural mores and medical decision-making processes.

Wednesday, September 30, 9-11 a.m.

Alden Estates of Naperville

Thursday, October 22, 9-11 a.m.

Alden Town Manor

Tuesday, October 13, 9-11 a.m.

Alden Northmoor

Thursday, November 12, 5:30-7:30 p.m.

Alden Estates of Barrington

LAUGHING YOUR WAY TO WELLNESS

Can you laugh your way to wellness? Find out the answer to this question and more by attending this light-hearted, yet informative presentation. Attendees will receive information about the physical, emotional and spiritual benefits of laughter. 'Laughter exercises' and 'laughter yoga' will be demonstrated. Participants will experience the powerful benefits of laughter for themselves. Be prepared to laugh away your stress and laugh yourself all the way to wellness!

Wednesday, October 28, 4:30-6:30 p.m.

Alden Gardens of Waterford

Tuesday, November 17, 5:30-7:30 p.m.

Alden Orland Park

FOR MORE INFORMATION OR TO REGISTER:

Call

773-286-3883, ext. 543

Or visit

http://www.thealdennetwork.com/allaboutalden/ceu_registration_form.htm



In Illinois, licensed social workers (LSW), licensed clinical social workers (LCSW), licensed professional counselors (LPC), licensed clinical professional counselors (LCPC) and certified case managers (CCM) earn 2 contact hours/2 CEUs per session.

In Wisconsin, certified social workers (CSW), licensed certified social workers (LCSW), professional counselors (PC) and certified case managers (CCM) earn 2 contact hours/2 CEUs per session.

* Registered nurses earn 2 contact hours/2 CEUs for attending 'In the Shadow of Schiavo: Health Care Wishes and End of Life Planning'.