

In addition to home care and hospice services, CHI Health at Home has partnered with Hospice Foundation of America to provide continuing education to the community on topics that can affect all individuals and their caregivers.



Free Continuing Education

Understanding Grief began January 2015. Sessions are held from 4 to 6 p.m. on the third Tuesday of the month at St. Gabriel's Hospital and then repeated on the fourth Thursday of the month at the Initiative Foundation from 11 a.m. to 1 p.m.

The family caregiver series is a two-part webinar series that will help long-term care, hospice professionals and other agencies in assisting family caregivers. Experts will discuss some of the common challenges that family caregivers face and offer innovative suggestions and coping strategies

A special thank you to the following for sharing their space:

Initiative Foundation
405 1st Street SE, Little Falls, MN

St. Gabriel's Hospital
815 2nd Street SE, Little Falls, MN

Sponsoring the Supporting Family Caregiver webinars:



IFA
EDUCATION
PARTNER

2014-2015



Home Health and Hospice

815 2nd St SE
Little Falls, MN 56345
320-631-5575

<http://chistgabriels.com/unity-family-homecare-hospice.htm>

Supporting Family Caregivers

Spring 2015



Home Health and Hospice

*Previously
Unity Family Home Care and
Hospice*

Educational Series

Family Caregiving

Understanding the Family Caregiver: The Strain

April 21: 4-6 p.m. or April 23: 11 a.m. – 1 p.m.

Assisting The Family Caregiver: Intervention Strategies

May 19: 4-6 p.m. or May 28: 11 a.m. – 1 p.m.

Special Lunch and Learn showings will be done over lunch at St. Gabriel's Hospital, breaking each class into two (2) one-hour sessions.

Understanding the Family Caregiver: The Strain

April 7 **and** April 21 from 11 a.m. to 12 p.m.

Assisting The Family Caregiver: Intervention Strategies

May 4 **and** May 18 from 11 a.m. to 12 p.m.

Alzheimer's Disease

The Longest Loss: Alzheimer's Disease and Dementia

Dates/times/locations to be determined. Will be held in June and July (three-hour program).

Support Groups

Beyond Support Groups

Aug 18: 4-6 p.m. or Aug 27: 11 a.m.-1 p.m.

Creative And Therapeutic Rituals

Sept. 15: 4-6 p.m. or Sept. 24: 11 a.m.-1 p.m.

Remembrance And Life Review

Oct. 20: 4- 6 p.m. or Oct. 22: 11 a.m.-1 p.m.

Supporting Family Caregivers

Join us for Hospice Foundation of America's latest two-part webinar series. Each webinar is 90 minutes in length and available for 1.5 continuing education credits for several clinical disciplines.

Understanding the Family Caregiver

The strain of constant physical, emotional and financial challenges shared by many caregivers can lead to job loss and social isolation, making for a lonely existence. Caregiving impacts families emotionally, spiritually, and even physically. This program will focus on helping professionals understand the challenges faced by family caregivers, from the illness diagnosis of a loved one through the progression of the disease. (1.5 CEUs)

April 21, 2015 - St. Gabriel's Hospital; 4-6 p.m. or

April 23, 2015 - Initiative Foundation; 11 a.m. -1 p.m.

Assisting the Family Caregiver: Intervention Strategies

Many caregivers struggle with guilt, anger, anxiety and sadness. As caregiving responsibilities increase, they may find less time to take care of themselves, thus neglecting their own health. They may not be eating or sleeping well and, over time, experience exhaustion and burnout or their own debilitating illness. This program will focus on providing professionals with practical strategies and coping suggestions to support family caregivers. (1.5 CEUs)

May 19, 2015 - St. Gabriel's Hospital; 4-6 p.m. or

May 28, 2015 - Initiative Foundation 11 a.m. - 1 p.m.

For more information on Home Care and Hospice services, including free informational meeting, contact CHI Health at Home at 320-631-5575



To register, please contact:

CHI Health at Home

by calling 320-631-5575 or

sending an email to:

brendabaum@catholichealth.net

When registering for webinar at the Initiative Foundation, you will have the choice to purchase a box lunch for \$5.00. To request a box lunch, participants **MUST** preregister by the Monday prior to webinar. Your choice of ham, turkey, or veggie sandwich, comes with two sides and bottle of water. Please pay at the door.

A \$10 Goodwill donation is appreciated to help support the costs associated with offering of the webinars from Hospice Foundation of America as well as future community education