



A Training and Education service of the Area Agency on Aging 1-B

## UPCOMING VIRTUAL WELLNESS WORKSHOPS

***Workshops will be presented virtually using GoToMeeting***

### Aging Mastery Program – 10 Weeks

Orientation Session: September 28, 2020 at 2:30 PM

Workshop begins Monday, October 5, 2020 from 2:30 PM – 4:00 PM

### Powerful Tools for Caregivers – 6 Weeks

Orientation Session: September 25, 2020 at 1:00 PM

Workshop begins Friday, October 2, 2020 from 1:00 PM – 2:30 PM

### Caregiver Survival Plus Caring for the Elderly with Dementia – 1 Day

September 22, 2020 from 1:00 PM – 2:30 PM

September 29, 2020 from 12:00 PM – 1:30 PM

Pre-Registration is required for all workshops. Once registered, the virtual meeting link and instructions will be provided. For additional information or to register for a workshop please contact the Area Agency on Aging 1-B at 1-833-262-2200 or email [wellnessprograms@aaalb.org](mailto:wellnessprograms@aaalb.org)

# WORKSHOP DESCRIPTIONS

The Area Agency on Aging 1-B Health and Wellness Programs are available to older adults and their family members or caregivers. Led by people like you, they are held both virtually using GoToMeeting and at community venues throughout S.E. Michigan. Due to the COVID-19 pandemic, community-based workshops have been postponed until further notice. There is no cost to attend a workshop, but donations are appreciated and help offset class costs.

## Aging Mastery Program

This program is designed to provide baby boomers and older adults with tools to improve their well-being and celebrate longevity. The program encourages individuals to set personal goals around many aspects of their lives including: exercise, nutrition, finances, medication management, advanced care planning, community engagement and healthy relationships.

## A Matter of Balance: Managing Concerns about Falls

These workshops are designed to reduce the fear of falling and increase physical activity among older adults. Topics discussed throughout the workshop include: assertiveness, recognizing fall-typing habits, fall hazards in the home and environment and confidence building. Balance and flexibility exercises are also part of the program.

## Caregiver Survival Plus Caring for the Elderly with Dementia

Jill Gafner Livingston will combine her Caregiving Survival seminar with instruction in elderly care, focusing on aging loved ones with dementia. The content will review ways to manage behaviors and give caregivers tools to assist them in their role as a caregiver.

## Chronic Pain PATH

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of chronic pain. Individuals with chronic pain and/or their caregiver are encouraged to participate. Topics discussed include: dealing with difficult emotions, communicating effectively, evaluating new treatments, pacing activity and rest and appropriate use of medications.

## Diabetes PATH

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of type 2 diabetes. Topics discussed include: techniques to deal with the symptoms of diabetes, dealing with difficult emotions, working effectively with health care providers, healthy eating and exercises for maintaining and improving strength and endurance.

## Personal Action Toward Health (PATH)

This workshop is designed to provide participants with techniques and skills they need for the day-to-day management of chronic conditions such as arthritis, heart disease, COPD, stroke, etc. Topics discussed include: techniques to deal with problems such as frustration, fatigue, pain and isolation, appropriate use of medications, communicating effectively, nutrition, decision making and evaluating new treatments.

## Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Topics discussed throughout the workshop include: communicating effectively with family and health care providers, reducing stress and taking care of yourself, reducing feelings of guilt, anger and depression, making tough decisions and relaxation techniques.