

free

Professional Caregivers Training Workshop

Wed. February 24, 2010
2:00 pm to 4:00 pm
Northside Senior Center, San Jose

Fall Prevention by Wendy Lynn, OT of Stanford Farewell to Falls Program

Wendy Lynn is the lead Occupational Therapist for the Stanford Farewell to Falls Program. Wendy teaches how falls can be prevented by a three prong approach. 1) Exercise - participating in balance, mobility and strength training programs geared specifically at preventing falls, 2) Medication Review - some side effects or drug interactions can increase falls, and 3) Home Modifications - even minor changes in your home may prevent the next fall from occurring

Breathing Healthy by Dennis Achá, MPH of Breathe California of the Bay Area

Dennis Achá is the Director of Programs at Breathe California of the Bay Area. He has more than 10 years of experience working in Health Education and possesses additional expertise in tobacco control, policy advocacy, asthma and allergies. Often the air inside our homes is more harmful than the air outside. Seniors are especially vulnerable to poor indoor air quality because they typically spend 90% of their time indoors. Dennis will speak about easy and inexpensive measures to improve the air quality inside your home. Breathe California offers free Indoor Air Quality home assessments, following the Environmental Protection Agency guidelines.

Acknowledging Grief; Acknowledging Love

by Reverend Sue Ann Yarbrough of SpiritCare Ministries to Seniors

Rev. Sue Ann Yarbrough is a staff minister for SpiritCare Ministry to Seniors, a ministry that brings worship and pastoral care to elders and staff in over 50 long-term care communities throughout Santa Clara, San Mateo, and Alameda counties. She and her husband live in San Leandro with their two elderly standard poodles, Alex and Cleo.

Empowering Caregiving Heroes

by Linda "Rainbow" Levine, M.Ed. SJSU Professor and acclaimed motivational speaker

Linda educates and entertains with innovative ideas and a truly dynamic style. She has presented participatory workshops and training sessions for Silicon Valley companies, private and public organizations, and for state, national, and international conferences. Linda is a longstanding faculty member at San Jose State University, where she teaches insightful courses and conducts pivotal workshops in Leadership, Wellness, Human Development and Creating a Meaningful Life. Here's what others have said about Linda: "Thank you for your outstanding workshop on Team Building. I'm completely impressed with your ability to infuse key information in an environment of playful participation. You could be an asset to any organization," Barbara Love, Applied Materials. "Linda brought great energy to the whole room. She provided simple ideas we can use everyday to have more laughter and fun in all areas of our lives. She taught us to take work seriously and ourselves lightly!" Susanne Achtenhagen, Advanced Micro Devices Inc.