



## FREE ZOOM WEBINAR SERIES: AGING DURING COVID-19

Join the conversation with **Dr. Diane Darby Beach, Gerontologist**

Learn about ways to take care of your loved one in the midst of this Covid-19 crisis.

### September 10: Maintaining Brain Function

- Identify specific brain healthy foods and exercises
- Learn mentally challenging activities and the importance of social interaction with regard to the brain

### October 8: Communicating and Dementia

- Improve overall communication skills with memory-impaired individuals
- Identify communication techniques and coping skills for challenging behaviors such as shadowing, repetition, and agitation

### November 12: Planning for the Holidays

- Plan for the holidays in a low-stress manor
- Learn how to adjust holiday "expectations"
- Make contingency plans for holiday gatherings

Join us and connect  
with the Foundation  
for Senior Care

Dr. Diane Darby  
Beach is a  
Gerontologist with 28  
years of experience  
in Health Promotion  
and Eldercare.

FREE Webinars  
September 10, 2020  
October 8, 2020  
November 12, 2020  
9:30 – 10:30 am PST  
For more information  
call 760-723-7570



**REGISTER AT**

<https://bit.ly/AgingDuringCOVID>

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Foundation for Senior Care

760-723-7570

[www.FoundationForSeniorCare.org](http://www.FoundationForSeniorCare.org)



## FREE ZOOM WEBINAR: AGING DURING COVID-19

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Gerontologist

**September 29: When Is My Loved One No Longer Safe Alone?** Wondering if your elderly loved one is still safe in his/her present living situation? There are definite warning signs to look for.

- Identify the signs indicating that an elderly patient/client is no longer safe in the present living environment.
- Articulate changes that signify that additional help is needed by the elderly client/patient, such as: bounced checks, cluttered/dirty house, disheveled clothing, forgetfulness, poor diet or weight loss, poor personal hygiene, depressed or poor temperament, forgetting to take medications, or unexplained bruising.
- Identify appropriate living options and be able to talk about them with your loved one and/or other family members.

**REGISTER AT**

**<https://bit.ly/AgingDuringCOVID>**

or by email: [mway@regencyfallbrook.com](mailto:mway@regencyfallbrook.com)



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Regency Fallbrook

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