



St. Francis

HEALTHCARE SYSTEM OF HAWAII

A Legacy of Caring for Hawaii's People

Live Every Moment

A Time for Renewal

Spring is a time for renewal, rejuvenation and new life.

St. Francis Healthcare System offers educational sessions to refresh and reinvigorate seniors and caregivers...with many topics provided by popular request.

Space is limited. To register, contact **Maylynn Wong**, Manager of Family Caregiver Training Programs, at (808) 547-8138 or mwong@stfrancishawaii.org.

March Sessions

Living with ALS: Care & Perspectives

Saturday, March 2 · 9 am -11 am

Weinberg Building, 2nd Floor, Room 203

Price: \$10

ALS, commonly known as Lou Gehrig's disease, is a progressive neurodegenerative condition that affects the nerve cells in the brain and spinal cord. Receive practical tips from a nurse-educator who became the full-time primary caregiver to her husband who had ALS. Speaker: **Divina Telan Robillard, BSN, RN, MPH**, ALS Foundation of Hawaii Board of Directors

Home Modifications

Saturday, March 9 · 9 am – 11 am

Weinberg Building, 2nd Floor, Room 203

Price: \$10

Most seniors want to age in place, but their current living conditions may not be accessible to match their changing physical conditions. Learn about practical home modifications to age in place.
Speaker: **Curt Kiriu**, General Contractor and Certified Aging-in-Place Instructor for Hawaii Building Industry Association

Prescription Drug Awareness

Wednesday, March 13 · 5 pm – 7 pm

**Weinberg Building, 5th Floor, Executive
Conference Room**

Price: \$10

Learn about prescription drug abuse/misuse, overdose, proper storage and documentation of prescriptions, and medication disposal.

In addition, the Community and Crime Prevention Branch of the Department of the Attorney General will provide information on on identity theft, frauds and scams and how you can avoid becoming a victim.

The Senior Medicare Patrol of the Executive Office on Aging will provide information on how to protect your personal Medicare information, and detect and report abuse.

Speakers: **Michael R. Hartsock**, Supervisory Special Agent, State of Hawaii Public Safety Department, Narcotics Enforcement; **Valerie Mariano**, Program Director, Community and Crime Prevention Branch, Department of the Attorney General; and **Kaipo Cullen**, Program Director, Senior Medicare Patrol, Executive Office on Aging.

Self-Care – Tips & Techniques to Manage Caregiver Stress

Saturday, March 16 · 9 am – 11 am

Weinberg Building, 2nd Floor, Room 203

Price: \$10

Discover and practice self-compassion tips.
Speaker: **Felicia Marquez-Wong, LSW, QCSW, CT**

Hands-on Bathing

Friday, March 22 · 5 pm -7 pm

Weinberg Building, 2nd Floor, Room 203

Price: \$10

Learn techniques and tips on how to provide dignity and care to those who may be bed-bound. Learn how to change bed linens and diapers without moving your loved one with information on perineal care.
Speaker: **Roberta Lovely**, Retired RN