

Caregiver classes

A series of classes is designed to provide instruction and support for caregivers who are or plan to care for a family member or friend 60 years of age or greater. Classes will be from 1-3pm at Embassy Suites 4130 Lake Tahoe Blvd., South Lake Tahoe.

All classes and materials are offered for free, donations are gratefully accepted.

Oct. 26: Fedora Repair, Partnering with Your Doctor, Alzheimer's Association of Northern Nevada;

Nov. 2: Hard Hats, Working as a Family, Deborah Brusco & Nancy Milton, Elder Mediation;

Nov. 9: Removing the Black Veil, Grief, Loss, Health & Recovery, Rebecca Phillipsen, Social Worker, Barton Home Health & Barton Hospice;

Nov. 16: Sunday Bonnets, A Daughter's Journey, Carol Kinsel, owner, Senior Care Solutions;

Nov. 23: Comfortable Baseball Cap, Affirmative Response Technique for Difficult Behavior, Laura Wayman, Dementia Whisperers.