

Series of age-related classes in S. Tahoe

El Dorado County Health and Human Services Agency and Active Aging program are presenting a free educational series in South Lake Tahoe. The series will give instruction and support to people 60 years and older and to their family members and friends.

The classes will be on Mondays from 1-3pm from Oct. 21-Nov. 25 at Lake Tahoe Resort Hotel.

The classes are:

- Oct. 21, The Healthy Plate: Learn ways to control and improve caloric and nutritional intake by using the "Plate" method. Compare and contrast various methods to compose meals for optimal health.
- Oct. 28, The 4 D's: Learn to distinguish the differences between delirium, delusions, dementia and depression. "The 4 D's" are ailments that will at one time or another affect many frail or aging individuals.
- Nov. 4, Defeating Guilt and Depression: Family members of aging persons, and those who care for aged individuals, may suffer from feelings of guilt and depression in their best attempts to provide care. This session helps participants find meaningful and empowering ways to reduce stress.
- Nov. 11, Effective Assessments and Care Plans – The Assessment: Learn how to effectively complete a care needs assessment of a loved one. At the end of this session, participants will be given a blank assessment to complete on their loved one's behalf.
- Nov. 18, Effective Assessments and Care Plans – The Care

plan: Learn how to effectively complete an individualized care plan based on information gathered from the assessment as part of the Nov. 11 class.

- Nov. 25, Goodenough Speaks: Learn how the benefits of meditation decrease stress and increase physical and mental health.

Advanced registration is requested, but not required for the classes. Call (530) 621.6151 or 800.510.2020 to register for one or more classes, or for questions about respite care.