

FRIENDSOF HEALTH welcomes you to Dealing with Dementia, September 2023

Cynthia Wall <cwall@mcn.org>

Thu 8/31/2023 2:35 PM

To: Alison Morse <alison@amfiduciary.com>; Analuisa Orozco <analuisa@frontiernet.net>; Andrea Hadik <andreaHadik@gmail.com>; Annette Jarvie <ajarvie@mcn.org>; Barbara Lindquist <Barbaral@mcn.org>; Barbara Ortega <bwortega@comcast.net>; Carolyn Petersen, RN <cpot@mcn.org>; Chela Ruano <RuanoC@mendocinocounty.org>; Cindy Jo Willey <queenbee@mcn.org>; CJ <cjhayes@comcast.net>; Desmond Grattan <dgrattan@parentsandfriends.org>; Eleanor Jantzen <janelli@mcn.org>; Eliana Yoneda <elianalyoneda@gmail.com>; Emily Inwood <eminwood@hotmail.com>; Felicia Rice <frice@movingpartspress.com>; Gary Grahame <gmgrahame@comcast.net>; Glyn Rixon <garb121@gmai.com>; Harry Barnard <mmorris@mcn.org>; Jenna Glasscock, MFT <jennaglasscock@gmail.com>; Jessica Ehlers <jessica@jessicaehlers.com>

This training is offered by Friends of Health on the Northern Mendocino Coast www.friendsofhealthmc.org with help and encouragement from Mendocino Coast Healthcare Foundation www.mchfoundation.org

Welcome to our training with our presenter from the Rosalyn Carter Caregiving Institute. Analuisa Orozco, LCSW will be the trainer for each day. You'll leave with not only her information, but a binder of suggestions, and a folder of local resources to utilize, and to share with your family and friends.

Each day starts at 10:00. You'll see old friends, and make new. We hope at the end of the events to have a better understanding of the needs for caregivers, both personal and professional, who are coping with the loss of those we love in so many ways.

LOCATION: Redwood Room (the big conference room) in the registration building of the hospital

TIME: PLEASE come at 9:45 at the latest to sign in, get a seat and greet each other

LUNCH: Free, a buffet of salads and sandwich makings, desserts. No coffee or tea, just cold drinks and water. We ask you to stay if you can, because it's a chance to talk more freely about what the needs are and to get to know the professionals and family members.

Here is the list of those who have signed up for each day: PLEASE email Cynthia cwall@mcn.org if you need to drop out, or change the day or have questions. It's been wonderful to have conversations with so many of you already. I know that good things come when we put our heads together.

Dealing with Dementia

September 7th and 8th 2023

Thursday 9/7

- 1 Andrea Hadik
- 2 Barbara Lindquist
- 3 Barbara Ortega
- 4 Carolyn Petersen
- 5 Chela Ruano
- 6 Christy Berretini
- 7 Cynthia Wall
- 8 Eliana Yoneda
- 9 Felicia Rice

Friday 9/8

- Annette Jarvie
- Desmond Gattan (P&F)
- Emily Inwood
- Gary Grahame
- Gin Kremen
- Hanna-Leigh Bull, MFT
- Harry Barnard +1
- Jenna Glasscock, MFT
- Jessica Ehlers, LCSW

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|----|---------------------------|-------------------|
| 10 | Jesse Morris | Karen Smith |
| 11 | Jessica Toste | Kathy O'Grady |
| 12 | Marissa Rheem | Maggie Watson |
| 13 | Marnie Elder | Monika R |
| 14 | Megan Niemenen | Paloma |
| 15 | Nicholas Wilson | Paul Reiber |
| 16 | Roshann Ashford | Richard Riley |
| 17 | Sallie McConnell Costello | Sev Ickes |
| 18 | Teresa Baumeister | Sharon Paltin, MD |
| 19 | Tom Hawkins+Jean | Sheri Hackley, RN |
| 20 | Toni Jardstrom | Sophia Sutherland |
| 21 | Vickie Marvella | Susan Quinn |

ZOOM--Thursday

Sandi Stauder

Robert Gaines

Leslie Stringer

A handwritten signature in cursive script that reads "Cynthia". Below the signature, the initials "XO" are written in a smaller, simpler font.

<https://www.cynthiawall.com/essays>

Cynthia Wall, LCSW

author of *The Courage to Trust*: Now also available on Audible.com
& President of The Friends of Health on the No. Mendo Coast

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