



Senior Provider Information Network

Portland Metro Area

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Presents

“Powerful Tools for Caregivers”

Kay Kirkbride, RN and Sue Callahan

Date:

Monday, November 17th, 2008

Time:

3:00-5:00 p.m.

Location:

Avamere of Bethany
16360 NW Avamere Ct.
Portland, OR 97229

Phone:

503-690-2402

--1.0 CEU applied for from Board of Examiners of Nursing Home Administrators--

If you plan to attend, let us know at “RSVP Now!” on the SPIN website*

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(This is important for speakers copying handouts and facilities preparing refreshments!)

Please join Sue and Kay as they present information and demonstrate the “Powerful Tools of Caregivers” (PTC) program. PTC is usually a 6 week series of educational classes for family caregivers designed to help them learn the importance of caring for themselves while caring for others. The program helps caregivers reduce stress, improve self confidence, communicate their feelings and needs and increase their abilities to make tough decisions as well as locate helpful resources.

SPEAKER: Kay Kirkbride, RN is a retired registered nurse with 40 years of nursing, the last 20 years being in Home Health Care. For the past eight years she has co-facilitated “Powerful Tools for Caregivers” (PTC) classes as well as trained new leaders for those classes both locally and nationwide. Kay is an active volunteer with Hospice and Palliative Care of Washington County, Tuality Home Health Care, Senior Guardian Assistance Program and recently served on the Governor’s Commission for Senior Services.

Sue Callahan, has two degrees in education and a passion for working with adults in educational settings. She became involved with the “Powerful Tools for Caregivers” (PTC) classes as a result of her care giving responsibilities for elderly parents. She was certified as a Master Trainer in the spring of 2008. She has co-facilitated several “PTC” classes for caregivers as well as Leader Certification training sessions in other states.

Please Forward and/or Post This Invitation for Others Who May be Interested

