



FOR IMMEDIATE RELEASE

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**Avenidas Offers a Lifeline to Struggling Family Members
Caring for Loved Ones at 6th Annual Caregiver Conference**

Palo Alto, CA (August 7, 2009) – Avenidas, the City of Mountain View and Home Instead Senior Care will reach out to Bay Area caregivers to provide them with information, motivation and validation at the 6th Annual Caregiver Conference to be held on Saturday, August 22, 2009, from 8:30am-3pm at Avenidas Rose Kleiner Senior Day Health Center (270 Escuela Avenue in Mountain View) and the Mountain View Senior Center (located next door at 266 Escuela Avenue).

“Caring for an ailing or aging spouse or parent can be physically, mentally, emotionally, and financially draining,” states Avenidas Manager of Social Services Michael Griggs. “Our goal is to help family caregivers feel renewed and refreshed after attending this one day session.”

Retired Internist Dr. Margaret Deanesly will present her tongue-in-cheek, advice-filled keynote address: “Managing Your Mother Without Losing Your Mind.” This will be followed by various breakout sessions attendees can choose from, including:

- Caring for YOU: Preventing Caregiver Burnout
- Alzheimer’s & Related Disorders: Current Treatments and Hope for the Future
- What You Should Know about Long-Term Care Options
- Organizing and Downsizing
- Managing Difficult Behavior Without Drugs
- Family Dynamics
- Home Care, Home Health Care, Palliative Care & Hospice
- Medications and Concerns
- Eldercare Law

Registration includes workshop materials, a continental breakfast and lunch. Parking is free. Participants will have the opportunity to visit sponsor booths and register to win various door prizes. The prize drawing will be held at 1:25pm.

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Center	Avenidas	Avenidas Rose Kleiner Senior Day Health
	450 Bryant Street, Palo Alto, CA 94301	270 Escuela, Mountain View, CA 94040
	Tel: 650-289-5400; Fax: 650-326-3048	Tel: 650-289-5499; Fax: 650-691-1119
	www.avenidas.org	



Sponsors include:

Supporters—Palo Alto Commons, Webster House

Associates—Older Adults Care Management, Pilgrim Haven, Home Care Assistance, Lytton Gardens, Matched Caregivers

Registration before August 14 is \$35 for Avenidas members and Mountain View residents, and \$40 for non-members and non-residents. After August 14, the conference price is \$45 for all.

For more information, call (650) 289-5445 or register online at www.avenidas.org.

Avenidas is a non-profit organization that provides support, information and community to enrich the lives of older adults and their families in the mid-Peninsula region. Visit www.avenidas.org or call 650-289-5400 for more information.

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