

# Avenidas Announces New CARE FORUM

## Free monthly Caregiving Workshops for Families

### FORUM SCHEDULE

<b>SAT APR 6</b>	<b>Pro-Active Planning for Adult Children and Concerned Loved Ones</b> 11am-2pm. Free lunch included. Dr. Ellen Brown & Dr. Rita Ghatak
<b>SAT MAY 4</b>	<b>From Chaos to Confidence: Navigating Home, ER, Hospital, Rehab</b> 11am-2pm. Free lunch included. Dr. Rita Ghatak
<b>SAT JUN 1</b>	<b>Caregiving Conversations About Quality of Life and Treatment Options</b> 11am-2pm. Free lunch included. Dr. Ellen Brown
<b>SAT AUG 3</b>	<b>The Emotional Work Inherent Within Caregiving</b> 11am-2pm. Free lunch included. Paula Wolfson, LCSW, Manager of Avenidas of Care Partners
<b>SAT OCT 12</b>	<b>The Cost of Caregiving: Budgeting for Respite Resources</b> 11am-2pm. Free lunch included. Kristina Lugo, Director Avenidas Rose Kleiner Center; Minda Cutcher, MBA, Director, Love and Order
<b>SAT NOV 2</b>	<b>Caregiver Health and Wellness Strategies</b> 11am-2pm. Free lunch included. Dr. Ellen Brown & Dr. Rita Ghatak
<b>SAT DEC 7</b>	<b>Caregiver Empowerment and Advocacy: Your Voice, Your Vision</b> 11am-2pm. Free lunch included. Paula Wolfson, LCSW

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### MEET OUR TOP EXPERTS



**Rita Ghatak, PhD**  
[www.aging101.org](http://www.aging101.org)

Dr. Rita Ghatak was the CEO of Rose Kleiner’s eldercare company Older Adults Care management, after her research at Stanford. As the founder of the aging program at Stanford, and Aging 101, she focuses on caregiver research, education and care transitions.



**Ellen Brown, M.D.**  
[www.ellenbrownmd.com](http://www.ellenbrownmd.com)

Dr. Ellen Brown is a pioneer in developing the role of the hospice physician in the Bay area has provided care in the home to thousands of hospice patients in her 20 years at Pathways Hospice. She has trained countless Stanford Palliative Medicine and Geriatrics fellows.

*For more speakers, visit [www.avenidas.org](http://www.avenidas.org).*

### REGISTRATION & INFO

The Avenidas Care Forum is uniquely positioned to benefit you and your loved ones because our expert presenters have been on the front lines of elder-patient care services for years, and they understand the dire challenges experienced by family caregivers. They will provide insider information as to how family caregivers should navigate complex levels of care transitions, minimize stress, cultivate resilience, and thrive!

These free, public workshops are for families caring for loved ones. They will fill up fast. Reserve your space and lunch early.

**To register, call: (650) 289-5400 or visit [www.avenidas.org](http://www.avenidas.org). If you have questions about the Care Forum call Paula Wolfson, Manager of Avenidas Care Partners, at (650) 289-5438.**

These sessions will be held at the Avenidas Rose Kleiner Center, located at 270 Escuela Avenue in Mountain View, with plenty of free parking.