

ALZHEIMER'S SUPPORT GROUP

for Caregivers

KAISER PERMANENTE • FREMONT / HAYWARD / UNION CITY • HEALTH EDUCATION DEPARTMENT

Group counseling, education, and support for those caring for a person with Alzheimer's disease or dementia. Includes guest speakers and community resources. Opportunity to share and exchange information with other caregivers.

alzheimer's  association

Location:

Kaiser Permanente Hayward
27303 Sleepy Hollow Ave.
Hayward, CA 94545
2nd Floor, M-Meeting Rooms

Dates & Times:

Fourth Tuesday each Month
6 to 7:30 p.m.

Fee: Free

For More

Information Call:
(510) 784-4818

Sponsored by:

Alzheimer's Association
Health Education
Neurology Department

Facilitator:

J. Haynes, LCSW

2009 Schedule**January 27**

Open Discussion

February 24

MediCal and Other
Community Benefits
Christine Ippolito, BA
Kaiser Community Benefits Coordinator

March 24

Open Discussion

April 28

Overview:
Care and Communication with
Alzheimer's/Dementia Individuals
Michael Pope, Executive Director
Alzheimer's Service of the East Bay

May 26

Open Discussion

June 23

General Estate and Dementia
Robert Peacock, Attorney

July 28

Open Discussion

August 25

Dementia Behavior Management
and Medication
J.P. Seab, MD, Assistant Chief,
Neurology, Kaiser Permanente

September 22

Open Discussion

October 27

How Humor Beats Stress

November 24

Open Discussion

December 22

Support Group Holiday



KAISER PERMANENTE®

Visit Our Health Education Centers

We have a wide selection of health resources to help you better understand and take care of your health.

These health resources include:

- Video Tapes and DVDs you can view in our centers
- Reference Books
- Internet Access available for medical searches
- Circulating Book and Video Tape Collection
- Free Pamphlets
- Books, Videos, Audio Tapes, and Specialty Items for sale
- Community Resource Information
- Access to Web sites:
members.kp.org
fremont.kp.org
hayward.kp.org
- Anatomical models and charts
- Health Education Class Registration and Information
- Friendly staff to answer your questions and help you find what you need

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**Register today for a healthier way of life.
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- E-mail your doctor
- Schedule routine appointments
- Order prescription refills
- View select lab results

LOCATIONS

Location: **Hayward Health Education Center**
27400 Hesperian Boulevard
2nd Floor of the Main Medical Building
above the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.
Wednesday open till 7 p.m.

Phone: (510) 784-4531

Location: **Dr. Spencer Larsen
Pediatric Health Education Desk**
27303 Sleepy Hollow Avenue
1st Floor, Sleepy Hollow Building

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4344

Location: **Union City Health Education Center**
3553 Whipple Rd.
1st Floor next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4531

Location: **Fremont Health Education Center**
39400 Paseo Padre Parkway
Niles Building, 1st Floor
Next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 248-3455