

Alternatives for the Older Adult

Come Join Us!

For a Brown Bag Lunch and Learn

Bring a lunch and learn about.....

Depression and the Winter Blues

Presenter Eldon Partridge MS, LPC and NCC
Adjunct Professor at Western Illinois University

January 15th 12pm -1pm



Activities for Individuals with Alzheimer's and other forms of Dementia

Presenter Erin Hanna; Caregiver Counselor

Feb 19th 12pm-1pm



How to talk to a senior loved one about accepting help

Presenter Doug Weaver; Caregiver Counselor

March 19th 12pm-1pm



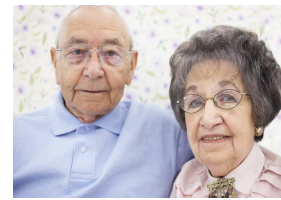
**All presentations will be held at
Alternative's Moline Office 1803 7th St. Moline, IL.
Please RSVP to Ellen Berberich at least 2 days prior to
the presentation you would like to attend.**

309-277-0167.

Presentations are free to the public!

Are You A Caregiver?

DO YOU.....



Remind them to take their medication and vitamins?

Make a call to them to make sure they're doing ok?

Make them laugh when they're feeling blue?

Are you a grandparent raising a grandchild?

Take them to their doctor's appointment?

Help a loved one with lawn work?

Drive them to the grocery store?

Help them organize or pay bills?

Pick up their prescriptions?

Monitor their eating habits?

Balance their checkbook?

Assist with their laundry

Shovel their sidewalk

Help clean their home

Manage their calendar?

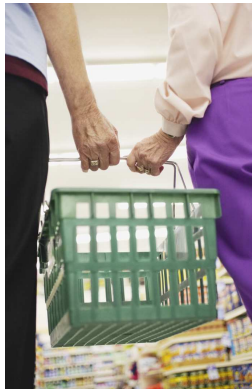
Cook meals for them?

Take them to church?

Clean their glasses?

Clean their gutters?

Do home repairs?



So How Can We Help You?

The Alternative's Caregiver Program caters to those individuals who care for a senior loved one. We provide individual counseling as well as facilitate support groups. We also have a selection of resource materials within our library for caregivers to use.

The Caregiver program also counsels grandparents who are currently raising their grandchildren.

Please feel free to ask our counselors and advisor about the services we can provide to you.

Please call 1-800-798-0988 for more information

**Alternatives is a non-for-profit organization that provides case management for the older adult population living at home, elder protective services to alleviate situations of elder abuse and neglect, ombudsman services to improve and quality of care in long term care facilities, money management services to assist elders in bill paying, Ring For Care telephone reassurance to reduce the loneliness and isolation of homebound seniors, and caregiver support to assist caregivers with their role.

Visit our website at www.4olderadults.org to learn more about Alternatives.