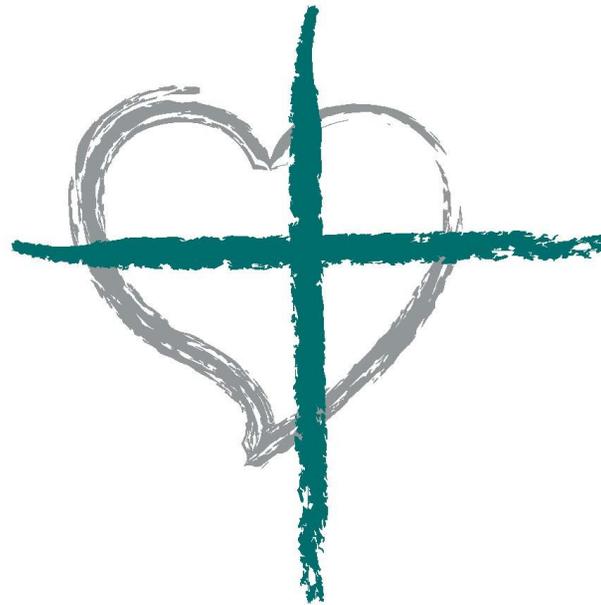


# Powerful Tools for Caregivers

is an educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This program was developed by Legacy Caregiver Services in Portland, OR and has been shown to: Reduce caregiver guilt, anger and depression; improve caregiver self-care and communication skills; and increase community service use.



**Assumption Community**  
Faith in Action

**715 First Street North**  
**Cold Spring, MN 56320**

**320.348.2322**

[www.assumptioncommunityfaithinaction.com](http://www.assumptioncommunityfaithinaction.com)

Funded under contract with the Central MN Council on Aging as part of the Older Americans Act Program.



# Powerful Tools for Caregivers



## Learn Ways To:

- Help reduce stress
- Communicate effectively
- Take care of yourself
- Reduce guilt & anger
- Reduce depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

## CLASS INFORMATION

### DATES: Tuesdays

July 9, 2019 1-3:30 p.m.

July 16, 2019 1-3:30 p.m.

July 23, 2019 1-3:30 p.m.

### July 30, 2019 No Class

August 6, 2019 1-3:30 p.m.

August 13, 2019 1-3:30 p.m.

August 20, 2019 1-3:30 p.m.

### WHERE:

Whitney Senior Center  
Herberger Room  
1527 Northway Dr, St Cloud, MN

### REGISTRATION:

Contact **Ashley Haselkamp**  
for registration and further details

**320.247.9790**

[haselkamp.ashley@assumptionhome.com](mailto:haselkamp.ashley@assumptionhome.com)

**Registration Deadline: Tuesday, July 2, 2019**

**Fee:** Sliding fee, cost share based on the care receiver's income. However, everyone is welcome to attend regardless of their ability to pay.

## CLASS FACILITATORS



**Mike Lamb, LSW and Ashley Haselkamp, LSW**  
*Assumption Community Faith in Action Team Members*

Mike has worked in health care since 1986; first as a licensed social worker and later as a chaplain in nursing homes. He gained his bachelor of social work from St. John's University in 1984 and in 2011 his Master of Divinity from St. John's School of Theology. Since joining the team in 2014 Mike has undergone additional training and certifications in advanced dementia capability training, Powerful Tools for Caregivers, Tailored Care Assessments for caregivers, REACH (Resources for Enhancing Alzheimer's Caregiver Health), REST program (Respite Education and Support Tools) and Caregiver Consulting training. Mike and his siblings also provide support for their aging parents.

In 2018, Ashley began her role as a Support Planner and Caregiver Consultant through Assumption Community Faith in Action. Ashley graduated from St. Cloud State University with her baccalaureate in social work and is a licensed social worker. She has a history of working with older adults experiencing dementia as well as individuals of all ages and varying abilities. Ashley is passionate about helping older adults remain healthy and as independent as possible in their own homes.

