



ACAP Cape Fear

Educational Program Schedule – September 2022 thru February 2023

Beginning in September 2022, ACAP Cape Fear will offer educational programs each month to provide support for those who care for older adult loved ones. The programs will be the **2nd Tuesday of each month, 6:00-7:30pm, in the Activities Center of First Baptist Church (1939 Independence Boulevard, Wilmington)**. While the FREE monthly educational programs are designed for adult-children of aging parents, programs are open to all and will be accessible in person and virtually.

The chapter serves New Hanover, Brunswick and Pender Counties. Programs will address issues common to caregivers of older adults, offering evidence-informed presentations by local content experts and connecting caregivers with area resources. Our mission is to provide information, resources, support and community for adult children and others as they care for their aging loved ones and for themselves.

Listed below are our inaugural educational programs. **Advance registration is requested** (but not required) in order to facilitate planning. For additional information and/or to register for ACAP Cape Fear programs, **please email us at capefear@acapcommunity.org or call us 910-632-0347**.

We invite you to join us!

- | | |
|---------------------|--|
| September 13 | Advanced Care Planning: Legal and Financial Documents Everyone Needs
– Presenter: Jennifer Marshall Roden, J.D., CELA, Craige & Fox, PLLC |
| October 11 | Medicare & SHIP: The Must Knows – Presenters: Fred Concepcion, Medicare SHIP Specialist, and Pam Wall, Prescription Drug Assistance Program |
| November 8 | Help in Your Own Back Yard – Presenter: Holly Pilson, Director, Area Agency on Aging at Cape Fear Council of Governments |
| December 13 | When Golden Years Aren't Golden: Anxiety, Depression and Aging – Presenter: Julie Foster, BA., QP, CDP, NC Geriatric and Adult Mental Health Specialty Team |
| January 10 | Trip of a Lifetime? Preventing Falls by Aging Loved Ones – Presenter: Jeff Weisler, DPT, Owner/Physical Therapist, Wrightsville Beach Physical Therapy, LLC |
| February 14 | Running on Empty: Caregiver Compassion Fatigue - Presenter: Ann LaReau, Certified Dementia Practitioner, Ann LaReau Alzheimer's Consulting, LLC |

ACAP Cape Fear is a local chapter of ACAPcommunity, a 501(c)3 nonprofit organization, and joins other ACAP chapters in NC, PA and GA.