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**ACAP Hickory 2019 Programs**

ACAP Hickory provides information, resources, support and community for adult children as we care for our aging parents and for ourselves. ACAP Hickory meets the 2nd Tuesday of each month, 5:30-7:00 pm, in the Fellowship Hall of Mt. Olive Lutheran Church (2780 North Center Street, Hickory), unless otherwise noted. While the **FREE** monthly educational programs are designed for adult-child caregivers, programs are open to all. Advance registration is requested in order to facilitate planning.  To register for ACAP Hickory programs, please email *info.ACAPHickory@gmail.com*  or call *(828) 610-5741*.

**January 8 Over-the-Counter and Prescription Medications: Pharmaceutical Issues Related to Elders** –Presenter:Keith Breedlove, Clinical Pharmacist, Broughton Hospital

**February 12 Driving and Aging** –Presenter: Miriam Young, MS, OTR/L, Driver Rehabilitation Specialist, Frye Regional Medical Center

**March 12 5 Legal Documents Everyone Needs**–Presenter: Kim Whitley, JD, Managing Partner, Patrick Harper & Dixon

**April 9** **The Dementia Brain: Latest Research, Support, and Treatment Options** - Presenters: Ashlie Morrissey, DNP, AGNP-C, and Jordyn Parker, MMS, PA-C, Novant Health Neurology

**May 14** **All That Stuff: The Hoarding Parent** – Presenter: Jeffrey Dula, MSHS, GERO

Specialist, QMHP, Vaya Health

**June 11 For Elders Still Living at Home: Supports for Care, Meals, and Transportation-** Presenters: Heather Ball, MSW, Senior Nutrition Services Manager, and Gloria Loftin, Adult Services Supervisor, Catawba County DSS

**July 9** **Paying for Healthcare: Medicare & SHIIP (Seniors' Health Insurance Information Program)** – Presenter:Catherine Fannon, Western Regional Manager, NC Department of Insurance, SHIIP

**August 13** **Anxiety, Depression, and Loneliness, and the Meaning of Life as We Age** — Presenter: Dennis Stamper, Chaplain, Carolinas HealthCare System Blue Ridge

**September 10 Impact of Aging on Physical and Mental Health-** Presenter: Golnosh Sharafsaleh MD., MS., Program Director, Geriatric Medicine Fellowship, Blue Ridge Geriatrics

**October 8 The Balancing Act: Work, Home and Caring for Aging Parents** –Presenters: Susan H. Saylor, MS, Franchise Owner, Home Instead Senior Care; Beth Harris Brandes, MSW, Consultant; Cynthia Eades, Director, Human Relations, Catawba County

**Friday, November 1** **5th annual ACAP Hickory conference!!!** Stay tuned for details!

**November 12** **Impact of Caregiving on the Entire Family**–Presenter: Mary Mitchell, Family Caregiver Support Specialist, Western Piedmont Council of Governments Area Agency on Aging

**December 10 Redirecting: Strategies for Dealing with Challenging Dementia Symptoms and Difficult Behaviors**– Presenter: Julie Cook-Walker, Director of Dementia Care, Affinity Living Group

**Please visit** [ACAPcommunity.org](http://www.ACAPcommunity.org) **for listings of additional virtual programs.**