

<p><b>2024</b>                  1/24 – Financial Elder Abuse – Spot Fraud                  2/24 – Heart Attack &amp; Stroke Emergencies                  3/24 – Skin Care – Avoiding Pressure Sores                  4/24 – Alcohol &amp; Drug Abuse                  5/24 – Range of Motion Exercises                  6/24 – Dementia, Alzheimer’s &amp; Memory Loss                  7/24 – Extreme Heat Can Affect Your Health                  8/24 – Basic Infection Control                  9/24 – Conflicts &amp; Family Dynamics                  10/24 – Back Strain – Lift Carefully                  11/24 – Grooming – Hair, Nails &amp; Shaving                  12/24 – Fire Safety – Know Your Risk</p>	<p><b>2023</b>                  1/23 – Alzheimer’s Disease / Preparing the Home                  2/23 – Food Insecurity / Nutrition on a Budget                  3/23 – Plan Day-to-Day Activities in Alzheimer’s Care                  4/23 – Abuse &amp; Neglect / Violence                  5/23 – Back Safety – Don’t Get Hurt!                  6/23 – Dressing with Alzheimer’s Disease                  7/23 – Staying Safe in Extreme Temperatures - Dehydration                  8/23 – Storms / Stay Safe When the Power Goes Out                  9/23 – Hygiene in Alzheimer’s Care / Toileting                  10/23 – Fire Safety                  11/23 – Alzheimer’s Disease &amp; Wandering                  12/23 – Winter Safety—Preventing Falls on Outings</p>
<p><b>2022</b>                  1/22 – Elder Abuse &amp; Home Improvement Scams                  2/22 – Back Strain – Lift Correctly                  3/22 – Communication When Providing Care                  4/22 – Activities in Alzheimer’s Care                  5/22 – Home Safety &amp; Falls                  6/22 – Emergencies – Packing a Go Bag and a Stay Bag                  7/22 – Heat Stroke – Staying Safe                  8/22 – Alzheimer’s Difficult Behaviors / Distract &amp; Redirect                  9/22 – Hygiene – Stop the Spread of Disease                  10/22 – High Blood Pressure – Falls                  11/22 – Fire Safety                  12/22 – Hypothermia – Shivering</p>	<p><b>2021</b>                  1/21 – Preparing the Home – Safety First                  2/21 – Understanding Alzheimer’s Behavior the ABC Way                  3/21 – Covid-19 and Lung Disease                  4/21 – Communication Skills                  5/21 – Back Safety &amp; Transfers                  6/21 – Elder Abuse – Financial Scams                  7/21 – Heat Illness – Extreme Temperatures in Homes                  8/21 – Infection Control - Hygiene                  9/21 – It’s Fall – Don’t You Fall                  10/21 – Activities of Living – Feeding &amp; Boosting Nutrition                  11/21 – Alzheimer’s &amp; Caregiver Burnout                  12/21 – Fire Safety – Staying Warm at Home</p>
<p><b>2020</b>                  1/20 – Elder Abuse/Dealing with Difficult Behaviors in AD                  2/20 – Alzheimer’s - Financial &amp; Legal Planning                  3/20 – Understanding Lung Disease                  4/20 – Wandering with Alzheimer’s                  5/20 – Nutrition / Food Safety                  6/20 – Travel with a Person with a Chronic Condition                  7/20 – Alzheimer’s – Hallucinations &amp; Paranoia                  8/20 – Heat Waves /Dehydration                  9/20 – Range of Motion - Exercise                  10/20 – Hygiene &amp; Food Safety                  11/20 – Fire Safety / Winter Storms                  12/20 – Back Safety / Falls</p>	<p><b>2019</b>                  1/19 – Vision Loss in Aging                  2/19 – Heart Disease                  3/19 – Elder Emotional Abuse                  4/19 – Back Strain – Proper Lifting                  5/19 – In the Hospital with Alzheimer’s                  6/19 – Changes in Mobility - Exercise                  7/19 – Summer Storm Emergencies – Hot Weather Safety                  8/19 – Emergencies - Is a Person with Alzheimer’s in Pain                  9/19 – Activities of Daily Living – Personal Hygiene                  10/19 – Toileting in Alzheimer’s Disease                  11/19 – Infection Control in the Home – Standard Precautions                  12/19 – Fire Safety/Cold Weather Safety</p>
<p><b>2018</b>                  1/18 – Alzheimer’s – Resistance to Care                  2/18 – Skin Care – Recognizing Changes                  3/18 – Communication &amp; Confidentiality                  4/18 – Diabetes Care and Precautions                  5/18 – Standard Precautions – Hygiene                  6/18 – Lift Correctly – Save Your Back                  7/18 – Heat Waves &amp; Storms – Stay Cool, Stay Safe                  8/18 – Parkinson Disease – Fitness &amp; Exercise                  9/18 – Fire Safety at Home – Unhealthy Air                  10/18 – Elder Abuse &amp; Neglect – Alcohol Issues                  11/18 – Nutrition – Forgetting to Eat                  12/18 – Mental Health – Avoiding Burnout</p>	<p><b>2017</b>                  1/17 – Alzheimer’s – Balancing Safety &amp; Risk                  2/17 – Transferring Safely                  3/17 – Better Communication – When the Person is Angry                  4/17 – Standard Precautions and the Zika Virus                  5/17 – Drug &amp; Alcohol Abuse – Senior Mental Health                  6/17 – Better Nutrition – Using the SNAP program                  7/17 – Survive a Heat Wave / Storm Safety                  8/17 – Elder Abuse &amp; Neglect                  9/17 – Falls Prevention – Safety on Outings                  10/17 – Coming Home from the Hospital – Prepare the Home                  11/17 – Understanding Lung Disease – Shortness of Breath                  12/17 – Fire Safety</p>

<p><b>2016</b>                  1/16 – Standard Precautions/ Reduce the Risk of Common Infections                  2/16 – Understanding Alzheimer’s Behavior - Pain                  3/16 – Eating Right When Money’s Tight                  4/16 – Lifting Safely – Watch Your Back!                  5/16 – Depression – What You Eat Matters                  6/16 – Elder Abuse &amp; Self Neglect                  7/16 – Extreme Hot Weather Safety                  8/16 – Fire Safety &amp; Storm Emergencies                  9/16 – Drug &amp; Alcohol Abuse                  10/16 – Practical Aids for Living                  11/16 – Better Communication in Alzheimer’s                  12/16 – Wintertime Safety - Storms</p>	<p><b>2015</b>                  1/15 – Hypothermia Why Am I so Cold?                  2/15 – Universal Precautions – Don’t Get or Pass Germs!                  3/15 – Health Care for the Person With Alzheimer’s Disease                  4/15 – Resolving Disputes/Communication When Giving Care                  5/15 – Back Care – Safety First, Don’t Get Hurt!                  6/15 – Natural Disasters – Stay at Home or Evacuate                  7/15 – Heat Waves                  8/15 – Alzheimer’s Disease Stages                  9/15 – Fainting, Falls &amp; High Blood Pressure                  10/15 – Fire Safety—Smoke Detectors -Your First Defense                  11/15 – Elder Abuse—Financial, Physical &amp; Emotional                  12/15 – Battle of the Bath—Bathing and Peri Care</p>
<p><b>2014</b>                  1/14 – Oral Care                  2/14 – Plan of Care                  3/14 – Good Nutrition on a Budget                  4/14 – Living with Incontinence                  5/14 – Mental Health /Depression                  6/14 – Elder Abuse/Neglect                  7/14 – Emergencies – Take Protective Measures                  8/14 – Make Alzheimer’s Activities More Fun                  9/14 – Watch Out! Slips, Trips and Falls                  10/14 – Infection Control—Better Safe Than Sorry                  11/14 – Better Communication –Listen Carefully                  12/14 – Be Safe from Fire</p>	<p><b>2013</b>                  1/13 – Rights of the Elderly &amp; Protecting Seniors from Scams                  2/13 – A Healthy Heart                  3/13 – Nutrition—Taking It Seriously                  4/13 – Back Pain—Lift Carefully                  5/13 – Understanding Difficult &amp; Combative Behavior                  6/13 – Preparing a Safe Home                  7/13 – Emergencies—Be Ready                  8/13 – Keeping Pathogens Away                  9/13 – Fight the Flu—Easy Steps                  10/13 – Fire Safety                  11/13 – Diabetes—Avoiding Complications                  12/13 – Winter Safety—Indoor &amp; Outdoor</p>
<p><b>2012</b>                  1/12 – Fell Down – Now What?                  2/12 – The Failing Heart                  3/12 – Boosting Nutrition, Boosting Appetite                  4/12 – Medication &amp; Alcohol Abuse                  5/12 – Arthritis – Back Safety                  6/12 – Home Safety – Bedroom &amp; Outdoor Areas                  7/12 – Traveling with Alzheimer’s Disease                  8/12 – Oxygen Therapy for Lung Disease                  9/12 – Cancer Care                  10/12 – Eye Safety, Eye Health                  11/12 – Using the Health Care Team Effectively                  12/12 – Clean It—Food, Hands, Equipment!</p>	<p><b>2011</b>                  1/11 – Communication / Getting It Right                  2/11 – Vision Loss / Home Accident Prevention                  3/11 – Senior Nutrition – Eat Safely &amp; Wisely                  4/11 – Safe Transfers / Proper Lifting                  5/11 – Arthritis / Range of Motion                  6/11 – Emergencies / When to Go to the ER                  7/11 – Hospice Care and Dealing with Crushing Grief                  8/11 – Exposure to Extreme Heat                  9/11 – Bullies / Dealing With Difficult People                  10/11 – Mental Illness, Depression, Stress                  11/11 – Alzheimer’s /Understanding Difficult Behavior                  12/11 – Hygiene / Clean Care is Safer Care</p>
<p><b>2010</b>                  1/10 – Meaningful Activities in Alzheimer’s &amp; Dementia Care                  2/10 – Our Biggest Killer - Heart Disease                  3/10 – Good Nutrition for Healthy Body &amp; Mind                  4/10 – Alcohol &amp; Drug Abuse In Seniors                  5/10 – Mental Health                  6/10 – Home Safety – Kitchen &amp; Bathroom                  7/10 – Hot Weather Safety                  8/10 – Hospice Care                  9/10 – Confidentiality - HIPAA or Hippopotamus?                  10/10 – Liver Disease                  11/10 – Lung Disease – Breathe Easier                  12/10 – Controlling Infection</p>	<p><b>2009</b>                  1/09 – Vision Loss &amp; Eye Care                  2/09 – Handling Emergencies/ Heart Attack &amp; Stroke                  3/09 – Good Nutrition &amp; Healthy Meals on a Budget                  4/09 – Back Safety                  5/09 – Loss, Grief &amp; Depression                  6/09 – Falls &amp; Home Safety                  7/09 – Abuse &amp; Neglect                  8/09 – Recognizing Pain or a Worsening Condition                  9/09 – Better Communication                  10/09 – Fire Safety                  11/09 – The ABC Way to Understand Alzheimer’s Behavior                  12/09 – Universal Infection Precautions/Handling Body Fluids</p>

<p><b>2008</b>                  1/08 – Safe Transfers                  2/08 – Bathing, Sponge, Tub, or Shower                  3/08 – Medication Assistance                  4/08 – Safety at Home - Falls                  5/08 – COPD                  6/08 – Keep That Infection From Starting                  7/08 – Pressure Sores &amp; Skin Care                  8/08 – Range of Motion                  9/08 – Chronic Heart Disease                  10/08 – Hepatitis and Chronic Liver Disease                  11/08 – Handling Problem Behaviors/ Distract &amp; Redirect                  12/08 – Incontinence &amp; Personal Hygiene</p>	<p><b>2007</b>                  1/07 – Understanding Stroke – One Disease, Two Causes                  2/07 – Diabetes – Special Care Needs                  3/07 – Handling Problem Behaviors                  4/07 – Travel with Mobility Challenges                  5/07 – Preparing the Home for Caregiving                  6/07 – Financial Abuse - Setting Boundaries                  7/07 – Take Steps to Avoid Heat Stroke                  8/07 – Why All the Fuss About Handwashing                  9/07 – Practical Aids for Living                  10/07 – Incontinence and Bowel Hygiene                  11/07 – Mouth Care - Dentures                  12/07 – Nutrition &amp; the Elderly</p>
<p><b>2006</b>                  1/06 – Understanding Parkinson’s Disease                  2/06 – Caregiving After a Stroke                  3/06 – Why Worry About Frequent Handwashing                  4/06 – Back Care - Oh My Aching Back                  5/06 – Short Term Memory Loss                  6/06 – Safety in the Bathroom                  7/06 – Ready for an Emergency                  8/06 – Boosting Food Intake When Appetite is Poor                  9/06 – Alzheimer’s Wandering                  10/06 – Loss, Loneliness &amp; Grief                  11/06 – Working (or Living) with Difficult People                  12/06 – Medications &amp; What To Ask The Doctor</p>	<p><b>2005</b>                  1/05 – Transfers                  2/05 – Dealing With Anger and Elder Abuse                  3/05 – Grief &amp; Depression                  4/05 – Diet &amp; Nutrition for the Elderly                  5/05 – Reducing the Chance of Home Accidents                  6/05 – Pain &amp; Discomfort Management                  7/05 – Summertime Safety &amp; Travel                  8/05 – The Plan of Care                  9/05 – Emergencies                  10/05 – Balance Problems                  11/05 – Fire Safety                  12/05 – Living Wills</p>
<p><b>2004</b>                  1/04 – A Safer Home Environment                  2/04 – Oral Care                  3/04 – Making an Occupied Bed                  4/04 – Dressing                  5/04 – Hallucinations                  6/04 – Shampooing &amp; Shaving                  7/04 – Understanding Diabetes                  8/04 – Home Accident Prevention                  9/04 – Heart &amp; Stroke Issues                  10/04 – Being Heard &amp; Being Understood                  11/04 – Alzheimer’s &amp; Dementia Care Activities                  12/04 – Wintertime Safety</p>	<p><b>2003</b>                  1/03 – Wintertime Safety &amp; Comfort                  2/03 – Chronic Illness Decision Making                  3/03 – All About Meds                  4/03 – Consumer Fraud and the Elderly                  5/03 – Family Communication                  6/03 – Combative Behavior                  7/03 – Summertime Safety                  8/03 – Vision Care                  9/03 – A Good Night’s Sleep                  10/03 – Bathing &amp; Foot Care                  11/03 – Physical Therapy                  12/03 – Making Mealtimes More Enjoyable</p>
<p><b>2002</b>                  1/02 – Body Mechanics                  2/02 – Hygiene – Keeping It Clean!                  3/02 – Planning End-of-Life Healthcare                  4/02 – Dementia, Alzheimer’s&amp; Memory Loss                  5/02 – Eating Right                  6/02 – Equipment &amp; Supplies                  7/02 – Skin Care                  8/02 – Incontinence                  9/02 – Depression                  10/02 – Transportation &amp; Travel                  11/02 – Getting In-Home Help                  12/02 – Communicating with the Doctor</p>	<p><b>2001</b>                  9/01 – Communicating When Giving Care                  10/01 – Coping With Caregiver Stress                  11/01 – Frustration Fear/ Empowerment                  12/01 – Safety, Safety, Safety</p>