

**1 out of every 3 family caregivers is a male and recent studies show this number is rapidly rising!**

If you are a male, providing care to or concerned about the well-being of an adult family member or friend, then we invite you to join other male caregivers at this FREE event, created just for YOU!

[www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)

THE CAREGIVER COALITION OF SAN DIEGO PRESENTS:

**BATTER UP!**  
**GETTING INTO THE**  
**GAME OF CAREGIVING**

**-Free Event for Male Family Caregivers-**



**Friday, September 20th**  
**9:00am to 1:00pm**

**First United Methodist Church**  
2111 Camino Del Rio South  
San Diego, CA 92108

**Please Call to Register**  
**1 (800) 827-1008**

**Educational Presentations specifically**  
**designed for male caregivers!**

**Giveaways and Raffle Prizes!**

**Resource Booths!**

**Continental Breakfast Provided by:**  
**- Ability Center -**

**Free adult care for your loved one is**  
**available; Provided onsite, by:**  
**- Synergy Home Care -**

**Please call to register for this service**



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**Batter Up! Getting Into the Game of Caregiving!**  
*Free Program for Male Family Caregivers*



- 9:00-9:30      **Registration, Breakfast, and Resource Fair**
- 9:30-9:45      **Welcome/Introduction of Exhibitors and Sponsors**  
*Marty Dare; Aging & Independence Services*  
*Jennifer Marsh; The Elizabeth Hospice*
- 9:45-10:15    **Managing the Penalties, Fouls, Ins, and Outs of Caregiving**  
Strategies to manage the stressful and challenging aspects of caregiving  
*Alejandra Ceja-Aguilar; Southern Caregiver Resource Center*
- 10:15-10:45   **When to Go to the Bullpen**  
Knowing when it's time to ask for help and how to ask  
*Bill Mathis; Always Best Care Senior Services*
- 10:45-11:00   **7th Inning Stretch!**
- 11:00-11:45   **Caregiving at Home: You Want Me to do What?**  
Strategies to help you manage the physical care needs of your loved one  
*Rosaline Duddy; Registered Nurse, Sharp*
- 11:45-12:30   **From Caregiver to Caregiver: How to Assemble the Winning Team**  
Hear from a Panel of Male Family Caregivers on:
  - o The Importance of Accessing Professional Support Services
  - o Tips and Techniques to Help you Care for Your Loved One
  - o The Importance of Self Care
- 12:30-1:00    **Closing Remarks, Raffle, and Resource Fair**

***A Special Thanks to All of Our Sponsors***

Ability Center, Aging & Independence Services, Centinela Senior Solutions, Elder Care Law Firm, ElderHelp, First United Methodist Church-Mission Valley, Health Net, Humana, Samantha Betten-Specializing in Preplanned Cemetery, Funerals and Cremations, San Diego Elder Law Center, San Diego Homecare Supplies, Sharp HospiceCare, Sharp Senior Resource Centers, Southern Caregiver Resource Center, Southwest Lifeline, Synergy Home Care, The Elizabeth Hospice, The Glenner Memory Care Centers, and Violet Care Services

**Please note that we are planning a free social gathering for male caregivers. If you are interested in receiving an invitation to this event, please provide your contact information in the blue evaluation. Thank you!**

**CAREGIVER COALITION**  
*Improving the Quality of Life for Caregivers, their Families and the Community.*

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