



**connecting point**  
community services central

# Community Classes Summer/Fall 2023

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## CAREGIVING

### Self-Care for the Caregiver

Take responsibility for your self-care and improve your mental, emotional, and physical health. Identifying sources of strength, such as healthy activities, family, mentors, and friends, can help minimize stress. We will identify warning signs and ways to make self-care a priority. (Class available on Zoom and in-person at Connecting Point)

*Tuesday: October 10 – 3:30-5:00pm*

### Relationship Building for Caregivers

This class will help you build and maintain healthy Caregiver/Client relationships. Learn how to determine, set, and maintain boundaries with your clients while maintaining professionalism throughout. (Class available on Zoom and in-person at Connecting Point)

*Tuesday: November 14 – 3:30-5:00pm*

### Confident Dementia Caregiver

#### The Confident Dementia Caregiver #1

#### What is Dementia and Alzheimer’s Disease?

Learn about the various types of dementias, including Alzheimer’s disease, and the accurate diagnosis, treatments, and resources for those with memory loss. (This will be an in-person class at the Madelyn Helling Library)

*Wednesday: November 29 – 2:00-4:00pm*

#### The Confident Dementia Caregiver #2

#### Communication and Validation Techniques for Dementia Clients

Learn basic communication skills, including validation and reminiscence techniques, to reduce stress and increase quality of life for persons with memory loss. (This will be an in-person class at the Madelyn Helling Library)

*Wednesday: December 6 – 2:00-4:00pm*

#### The Confident Dementia Caregiver #3

#### Responding to Behavioral Challenges of Dementia Clients

Explore realistic and concrete approaches to those with memory loss who exhibit aggressive, repetitive, agitated, or combative behaviors. (This will be an in-person class at the Madelyn Helling Library)

*Wednesday: December 13 – 2:00-4:00pm*

### Making Health Care Decisions

Advance Directives and POLST Forms

Understand how to complete your own Advance Health Care Directive and POLST forms, in which you will make decisions about your own health care and end-of-life decisions. Legal forms that do not require an attorney to complete will be available in the class. (This will be an in-person class at the Madelyn Helling Library)

*Thursday: November 16 – 2:00-4:00pm*

### Adult CPR/First Aid/AED:

Learn basic Adult CPR and First Aid, including use of AEDs (Automated External Defibrillators). Areas of focus include sudden cardiac arrest, choking, basic life support care, and serious injury. You must complete the entire class and pass a practical and written skills test to obtain your certification. (This will be an in-person class at Connecting Point)

*Tuesday and Wednesday: July 18 and 19 – 1-5pm*

*Tuesday and Wednesday: September 19 and 20 – 1-5pm*

*Tuesday and Wednesday: November 7 and 8 – 1-5pm*

### Narcan and Opioid Overdose Response Training

Care for your community! Join Nevada County Public Health and the Know Overdose campaign in an opioid overdose response training. Learn about the opioid overdose crisis; approaches that empower and support; and harm reduction tools, including how to use the lifesaving opioid overdose response drug naloxone (Narcan). (This will be available on Zoom and in person at Connecting Point)

*Wednesday: July 26 – 3-3:45pm*

*Wednesday: September 27 – 4-4:45pm*

*Wednesday: December 6 – 4-4:45pm*

## HEALTH & WELLNESS

### Nutrition

Brought to you by Nevada County Public Health and California’s CalFresh Healthy Living, with funding from the United States Department of Agriculture’s Supplemental Nutrition Assistance Program (USDA SNAP). Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.

### Around the Table: Nourishing Families

Encouraging healthy eating habits as a caregiver is not always easy. In this series, we will explore how to nourish our family through reflection, conversation, tasting delicious recipes, and learning about positive feeding practices and healthy meal planning on a budget. Each class includes a recipe and tasting. (This will be an in-person class at Connecting Point)

*Thursdays: August 24, 31 and Sept 7 – 10:30-11:30am*

**Register Now! Call (530) 274-5601 or visit [connectingpoint.org/classes](http://connectingpoint.org/classes)**

# Connecting Point Community Classes

## Eating for a Healthy Gut

In this class brought to you by CalFresh Healthy Living and Nevada County Public Health, we will explore the powerful connection between our gut and health. In this interactive class, we will explore lifestyle habits that support a healthy gut, as well as those that do not. Class includes a recipe and tasting. (This will be an in-person class at Connecting Point)

*Tuesday: October 3 – 2:00-3:00pm*

## Superstar Ingredients

Many whole foods contribute to a healthy diet, but some really shine when it comes to health benefits. In this engaging class, we will explore ingredients that you can readily use to add value to your meals and health. The class includes a recipe and tasting. (This will be an in-person class at Connecting Point)

*Tuesday: December 12 – 2:00-3:00pm*

## Ready, Set, Safe

Disaster can strike at any time, without warning. Learn how to create a plan to protect yourself, your family, and your property during natural and man-made disasters. This class will address types of disasters, key elements of disasters, understanding the hazards in your community, and how to develop your disaster plan. (This class will be available on Zoom and in-person at the Madelyn Helling Library)

*Tuesday: September 12 – 3:30-5:00pm*

## Stress Busters

Beat back stress with these fun, interactive classes, that explore a variety of stress-busting tools and techniques to live a healthier life.

## Minimizing Stress through Self-Care & Mindfulness

You will review how stress impacts your health, learn 25 ways to improve your health and happiness, learn to say "No," and engage in mindfulness activities. (This will be an in-person class at Connecting Point)

*Wednesday, July 12 – 2:00-4:00pm*

## Minimizing Stress through Movement and Meditation

You will further explore how stress affects your overall wellness and learn how basic movement and meditation techniques, including sound meditation, a cup of tea, stretching, walking, dancing, laughing and chair exercise can help mitigate the stress in your life. (This will be an in-person class at Connecting Point)

*Wednesday, September 13 – 2:00-4:00pm*

## Humor and Stress Management

You will learn about what stress is and assess your own stress levels, all while exploring how humor, the act of laughing and guided imagery can positively impact your life and decrease stress. (This will be an in-person class at Connecting Point)

*Wednesday, November 15 – 2:00-4:00pm*

## Chair Yoga

Brought to you by Nevada County Public Health, chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing, using a chair for support. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood, and reducing stress and joint strain. NOTE: This class will be available on Zoom and in person at Connecting Point (July 25-Aug 8) and the Madelyn Helling Library (Sept 19-Oct 3 and Nov 28-Dec 12).

*Tuesdays: July 25 and Aug 1, 8 – 4:15-5:00pm*

*Tuesdays: Sept 19, 26 and Oct 3 – 4:15-5:00pm*

*Tuesdays: Nov 28 and Dec 5, 12 – 4:15-5:00pm*

## Qigong

Use breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate your life energy (qi). Qigong promotes health, vitality and a tranquil state that we call a "Qigong state of mind." These sessions provide an easy-to-follow daily ritual to self-healing. (This class will be available on Zoom and in person at the Madelyn Helling Library)

*Wednesdays: Aug 16, 23 and 30 – 10:00-11:00 am*

*Wednesdays: Oct 4, 11 and 18 – 10:00-11:00am*

*Wednesdays: Dec 6, 13 and 20 – 10:00-11:00am*

## TECHNOLOGY

### Tech Drop-In

Have a question about your device? Need to have your computer, tablet, or phone looked at? Want to learn more about the Library's digital services and how to use them? Drop in from 10:00 a.m. to 12:00 p.m. every Wednesday, and 1:00pm to 3:00pm every Friday at the Madelyn Helling Library for help from friendly Library volunteers and staff. This service also is offered at the Grass Valley Library every Tuesday from 2:00 to 3:00 p.m. There will be free coffee and donuts, too!

### Tech It Out

Tech It Out features a revolving set of topics around PC use, smartphones, and other gadgets taught by experienced Library volunteers. Tech It Out takes place in the Madelyn Helling Library Collaborative Technology Center on select Fridays throughout the year. Check out the library calendar at: <https://madelynhelling.evanced.info/signup/calendar> to view when the next Tech It Out is happening!

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