

EVENTS EXPLORE CAREGIVER RESOURCES, VA BENEFITS

BY MICHELE PARENTE

Navigating the complex Department of Veterans Affairs benefits system and helping caregivers find the resources they need will be the focus of several seminars, workshops and webinars during February. All of the events are free but require registration.

Feb. 14

Sharp Grossmont Brian Patch Building E, Rooms 13-14, 9000 Wakarusa St., La Mesa. Registration: bit.ly/2s1cDSJ.

Managing the Emotional Aspects of Caregiving. Caregivers say it's one of the most draining things you can do. This class, given by the Southern Caregiver Resource Center, aims to help caregivers deal with the emotional challenges of that role. Learn stress management techniques and about available resources. *10 to 11 a.m.; Southern Caregiver Resource Center, 3675 Ruffin Road, Suite 230, San Diego. Registration: (800) 827-1008 or caregivercenter.org/educa-*

Feb. 15

Explore Veterans Benefits: A seminar and discussion for veterans and their surviving spouses explains the eligibility requirements and application process of two VA benefits programs: Aid and Attendance Pension and the Adult Day Healthcare. Presented by George G. Glennier Alzheimer's Family Centers. Includes lunch. *11 a.m. to 1*

Feb. 16

Veterans Aid and Attendance Benefits Webinar: Attorney Scott Stewart will give online viewers an overview of the VA's program to help pay for caregivers as part of a live, interactive seminar presented by San Diego's Caregiver Coalition. *11:30 a.m. to 12 p.m. Registration: caregivercoalition.org; click on "For Caregivers" then "Webinars." Participants will be given the opportunity to ask questions.*

Feb. 20

Educating America Tour: The Alzheimer's Foundation of America is bringing a full-day conference to San Diego, offering dementia-related education, services and caregiver tips and strategies. Hours and options and creating a safer home environment will be discussed. One unique session will show how using the principles of Improv can be applied to the daily challenges of caring someone with Alzheimer's. *8:30 a.m. to 2:30 p.m.; Sheraton San Diego Hotel & Marina, 1380 Harbor Island Drive, Harbor Island. Registration: alzfdn.org/afa-educating-america-tour.*

Feb. 23

Office of Military Disability Benefits Webinar: Tim Mathues, veteran outreach coordinator for the county of San Diego's Office of Military and Veteran Affairs, will outline the county office's services as well as review the eligibility and availability of military disability benefits. The live, interactive seminar is presented by San Diego's Caregiver Coalition. *Registration: caregivercoalition.org; click on "For Caregivers" then "Webinars." Participants will be given the opportunity to ask questions.*

Thursday

Resources and Tools for Family Caregivers: Presented by the Sharp Senior Resource Center, this class offers emotional support for family caregivers as well as information on health and community resources, support groups, placement options and more. *2:30 to 4 p.m.;*

Registration: (800) 827-1008 or caregivercenter.org/educa-

tion-2. Other classes offered in February include Caring for the Caregiver (Feb. 23) in El Cajon; I'm a Caregiver, Now What? (Feb. 27) in San Marcos. Registration: (800) 827-1008 or at caregivercenter.org/education-2.

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