



## Maine SAVVY CAREGIVER Training Schedule



(update September 23, 2009)

Maine SAVVY CAREGIVER Training, sponsored by the Office of Elder Services, Department of Health and Human Services and funded by the Administration on Aging, provides family caregivers of people with dementia the knowledge, skills and attitude essential for successful caregiving. Participation in the 12-hour training that is provided in 6 sessions includes participation in a research project to evaluate the effectiveness of this program. You will be asked to complete surveys. For more information, contact Jan Halloran at (207) 287-9233 or at Jan.Halloran@maine.gov.

	<b>TRAINING SITES and CONTACT INFORMATION</b>	<b>TRAINING DATES and TIMES</b>
<b>A.</b>	<b>Southern Maine (Southern Maine Agency on Aging trainings)</b>	
<b>1.</b>	Windham Adult Education 406 Gray Rd. <u>Windham</u> , ME 04062 Trainer: Kate Dulac Contact: Kate Dulac 1-800-427-7411 x 541	September 16, 23, 30 and October 7, 14, 21, 2009 (Wednesdays) 6:00 p.m. until 8:00 p.m.
<b>2.</b>	Wells and Ogunquit Adult Education Wells High School Route 109 <u>Wells</u> , Maine 04090 Trainer: Ann O'Sullivan Contact: Ann O'Sullivan 1-800-427-7411 x541	September 17, 24, and October 1, 8, 15, 22, 2009 (Thursday) 6:30 p.m. 8:30 p.m.
<b>3.</b>	Southern Maine Agency on Aging 136 U.S. Route 1 <u>Scarborough</u> , ME 04074 Trainer: Ann O'Sullivan Contact: Ann O'Sullivan 1-800-427-7411 x541	November 2, 9, 16, 23, 30 and December 7, 2009 (Mondays) 1:30 p.m. until 3:30 p.m.
<b>4.</b>	Southern Maine Agency on Aging 136 U.S. Route 1 Scarborough, ME 04074 Trainer: Kate Dulac Contact: Kate Dulac 1-800-427-7411 x 541	February 23 and March 2, 9, 16, 23, and 30, 2009 (snow date: April 6) (Tuesdays) 1:30 p.m. until 3:30 p.m.
<b>5.</b>	Southern Maine Agency on Aging 136 U.S. Route 1 Scarborough, ME 04074 Trainer: Ann O'Sullivan Contact: Ann O'Sullivan 1-800-427-7411 x 541	February 23 and March 2, 9, 16, 23, and 30, 2009 (snow date: April 6) (Tuesdays) 5:30 p.m. until 7:30 p.m.
<b>B.</b>	<b>Central Maine (Spectrum Generations trainings)</b>	
<b>1.</b>	Spectrum Generations Cohen Center 22 Town Farm Road <u>Hallowell</u> , Maine 04347 Trainer: Vanessa Broga, Rebecca Reynolds, and Leslie Bray Contact: Vanessa- 1-800-282-0764 ext. 139	September 10, 17, 24, October 1, 8, and 15, 2009 (Thursdays) 5:00 p.m. until 7:00 p.m.
<b>2.</b>	Knox Center for Long Term Care 6 White St. <u>Rockland</u> , ME 04841 Trainer: Vanessa Contact: Vanessa 1-800-282-0764 ext. 139	September 14, 21, 28 and October 5, 19, 26, 2009 (Mondays) 1:00 p.m. until 3:00 p.m.

	<b>TRAINING SITES and CONTACT INFORMATION</b>	<b>TRAINING DATES and TIMES</b>
3.	Mid Coast Senior Health Center 58 Baribeau Drive <u>Brunswick</u> , ME 04011 Trainer: Vanessa Broga, Rebecca Reynolds, and Leslie Bray Contact: Vanessa- 1-800-282-0764 ext. 139	November 5, 12, and 19, December 3, 10, and 17 (Thursdays) 10:00 a.m. until 12:00 p.m.
4.	Muskie Center 38 Gold Street <u>Waterville</u> , ME 04901 Trainers: Vanessa Broga, Rebecca Reynolds, and Leslie Bray Contact: Vanessa-1-800-282-0764 ext. 139 or Rebecca ext. 127	January 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> February 4 <sup>th</sup> , and 11 <sup>th</sup> 10:00 a.m. until Noon
C.	<b>Eastern Maine (Alzheimer's Association trainings)</b>	
1.	Elm Street Congregational Church 31 Elm St. <u>Bucksport</u> , ME 04605 Trainer: TBD Contact: Cindy Beck 1-800-272-3900	September 28, October 5, 12, 19, 26 and November 2, 2009 (Mondays) 2:00 p.m. until 4:00 p.m.
2.	Friendship Cottage 118 Ellsworth Rd. <u>Blue Hill</u> , ME 04614 Trainer: TBD Contact: Cindy Beck 1-800-272-3900	September 29, October 6, 13, 20, 27 and November 3, 2009 (Tuesdays) 9:00 a.m. until 11:00 a.m.
3.	Don & Beth Straus Center at the Community Health Center] 9 Village Green Way <u>Southeast Harbor</u> , ME 04679 Contact Cindy Beck 1-800-272-3900	September 28, October 5, 12, 19, 26 and November 2, 2009 (Mondays) 9:00 a.m. until 11:00 a.m.
	<b>Western Maine (Alzheimer's Association Training)</b>	
1.	Lisbon Falls Library 28 Main St. <u>Lisbon Falls</u> , ME 04252 Trainers: David Currier / Kathryn Pears Contact: Cindy Beck 1-800-272-3900	<b>New Date:</b> September 4, 11, 18, 25, and October 2, 9, 2009 (Fridays) 1:00 p.m. until 3:00 p.m.
E.	<b>Northern Maine (Aroostook Agency on Aging trainings)</b>	
1.	Caribou Learning Center 75 Bennett Dr. Caribou, ME 04736 Trainer: To be announced Contact: Sharon Berz 1-800-439-1789	September 14, 21, 28, October 5, 19, & 26, 2009 (Mondays) 1:30 p.m. until 3:30 p.m.
2.	University of Maine (Fort Kent) – Honors Center Pleasant St. Fort Kent, ME 04743 Trainer: To be announced Contact: Sharon Berz 1-800-439-1789	September 24, October 1, 8, 15, 22 & 29, 2009 (Thursdays) 1:00 p.m. until 3:00 p.m.
3.	St. John Valley Senior Center Main St. <u>Fort Kent</u> , ME 04743 Trainer: Charlie Stewart Contact: Sharon Berz 1-800-439-1789	Fall Schedule to be Announced 1:00 p.m. until 3:00 p.m.
4.	Acadia Health Center Maine Street <u>Madawaska</u> , ME 04756 Contact: Sharon Berz 1-800-439-1789	To Be Scheduled in September 2009

	<b>TRAINING SITES and CONTACT INFORMATION</b>	<b>TRAINING DATES and TIMES</b>
<b>5.</b>	Adult Education High School on Pleasant St. <b>Fort Kent</b> , ME 04743 Trainer: Charlie Stewart Contact: Sharon Berz 1-800-439-1789	Spring 2010 Schedule