

Lunch & Learn: The Art & Science of Caregiving

Join us on Saturday, October 26, 2019 for the first of a series of Lunch & Learns focused on improving the quality of life for patients and caregivers navigating ALS. In our first session author of 'The Art & Science of Caregiving' Annelise Schinzinger will help you establish foundational tools to bring ease, joy and comfort to your pALS, while honoring self-care.

*** A complimentary lunch, and a copy of Annelise's book will be provided to each guest.**

Date: Saturday, October 26, 2019

Time: 10:30am – 1:30pm

Where: The ALS Association Greater Sacramento Chapter Office
5701 Sunrise Blvd. Citrus Heights, CA. 95610

*** This event is free to all registered pALS and cALS registered with the Greater Sacramento Chapter.**

PLEASE RSVP: Nancy Wakefield (916)979-9265 or nwakefield@alssac.org by 10/24/2019

What you can expect to gain from this experience:

- How to develop good listening and communication skills
- How to find, interview, and hire a caregiver
- How to navigate end-of-life situations with confidence and skill
- The wisdom of anger
- The gift of fear
- Creating sacred space

About the Presenter:

Annelise learned about the importance of competent and loving caregivers when she was recovering from a serious illness at 19. She applied what she had learned when her grandmother and mother were dying. At twenty-seven, her grandmother's passage took her fear of death away because it was so peaceful. She found herself spending time with elders who showed her how to live, and how to die. Caring for her mother was so profound that she left the corporate world and became a hospice caregiver.

Twenty years later, she was telling a friend about the wise and remarkable elders she had the privilege of caring for. Her friend exclaimed, "You have to write these stories down!" Annelise eagerly started writing, and over the next seven years, her book expanded into a comprehensive guidebook.

Book Reviews:

"If you are helping a loved one at the end-stage of life, this book is an invaluable resource and guide. Annelise inspires and informs through her stories about elders, the Action Points for Caregivers that follow each story, and her thoughtful guidebook. Readers will gain valuable insights on how to help someone live as fully as possible during the end-phase of life, enjoying what is available to them."

—John Gray, author of *Men are from Mars, Women are from Venus* and other books.