

<p>2025</p> <p>1/25 – Home Accident Prevention 2/25 – Elder Abuse – The Role of Drugs & Alcohol 3/25 – Activities to Engage & Entertain 4/25 – Preventing Caregiver Injuries – Back Safety 5/25 – Alzheimer's – Steps to Avoid Injury 6/25 – Hygiene – Food Safety 7/25 – Fire Safety – Smoke 8/25 – Storms – How to Prepare Food & Water 9/25 – Stroke Often Changes Personality 10/25 – Alzheimer's – Dealing with Pain 11/25 – Heart Disease – Our Leading Cause of Death 12/25 – Diabetes – An Ounce of Prevention</p>	<p>2024</p> <p>1/24 – Financial Elder Abuse – Spot Fraud 2/24 – Heart Attack & Stroke Emergencies 3/24 – Skin Care – Avoiding Pressure Sores 4/24 – Alcohol & Drug Abuse 5/24 – Range of Motion Exercises 6/24 – Dementia, Alzheimer's & Memory Loss 7/24 – Extreme Heat Can Affect Your Health 8/24 – Basic Infection Control 9/24 – Conflicts & Family Dynamics 10/24 – Back Strain – Lift Carefully 11/24 – Grooming – Hair, Nails & Shaving 12/24 – Fire Safety – Know Your Risk</p>
<p>2023</p> <p>1/23 – Alzheimer's Disease / Preparing the Home 2/23 – Food Insecurity / Nutrition on a Budget 3/23 – Plan Day-to-Day Activities in Alzheimer's Care 4/23 – Abuse & Neglect / Violence 5/23 – Back Safety – Don't Get Hurt! 6/23 – Dressing with Alzheimer's Disease 7/23 – Staying Safe in Extreme Temperatures - Dehydration 8/23 – Storms / Stay Safe When the Power Goes Out 9/23 – Hygiene in Alzheimer's Care / Toileting 10/23 – Fire Safety 11/23 – Alzheimer's Disease & Wandering 12/23 – Winter Safety—Preventing Falls on Outings</p>	<p>2022</p> <p>1/22 – Elder Abuse & Home Improvement Scams 2/22 – Back Strain – Lift Correctly 3/22 – Communication When Providing Care 4/22 – Activities in Alzheimer's Care 5/22 – Home Safety & Falls 6/22 – Emergencies – Packing a Go Bag and a Stay Bag 7/22 – Heat Stroke – Staying Safe 8/22 – Alzheimer's Difficult Behaviors / Distract & Redirect 9/22 – Hygiene – Stop the Spread of Disease 10/22 – High Blood Pressure – Falls 11/22 – Fire Safety 12/22 – Hypothermia – Shivering</p>
<p>2021</p> <p>1/21 – Preparing the Home – Safety First 2/21 – Understanding Alzheimer's Behavior the ABC Way 3/21 – Covid-19 and Lung Disease 4/21 – Communication Skills 5/21 – Back Safety & Transfers 6/21 – Elder Abuse – Financial Scams 7/21 – Heat Illness – Extreme Temperatures in Homes 8/21 – Infection Control - Hygiene 9/21 – It's Fall – Don't You Fall 10/21 – Activities of Living – Feeding & Boosting Nutrition 11/21 – Alzheimer's & Caregiver Burnout 12/21 – Fire Safety – Staying Warm at Home</p>	<p>2020</p> <p>1/20 – Elder Abuse/Dealing with Difficult Behaviors in AD 2/20 – Alzheimer's - Financial & Legal Planning 3/20 – Understanding Lung Disease 4/20 – Wandering with Alzheimer's 5/20 – Nutrition / Food Safety 6/20 – Travel with a Person with a Chronic Condition 7/20 – Alzheimer's – Hallucinations & Paranoia 8/20 – Heat Waves /Dehydration 9/20 – Range of Motion - Exercise 10/20 – Hygiene & Food Safety 11/20 – Fire Safety / Winter Storms 12/20 – Back Safety / Falls</p>
<p>2019</p> <p>1/19 – Vision Loss in Aging 2/19 – Heart Disease 3/19 – Elder Emotional Abuse 4/19 – Back Strain – Proper Lifting 5/19 – In the Hospital with Alzheimer's 6/19 – Changes in Mobility - Exercise 7/19 – Summer Storm Emergencies – Hot Weather Safety 8/19 – Emergencies - Is a Person with Alzheimer's in Pain 9/19 – Activities of Daily Living – Personal Hygiene 10/19 – Toileting in Alzheimer's Disease 11/19 – Infection Control in the Home – Standard Precautions 12/19 – Fire Safety/Cold Weather Safety</p>	<p>2018</p> <p>1/18 – Alzheimer's – Resistance to Care 2/18 – Skin Care – Recognizing Changes 3/18 – Communication & Confidentiality 4/18 – Diabetes Care and Precautions 5/18 – Standard Precautions – Hygiene 6/18 – Lift Correctly – Save Your Back 7/18 – Heat Waves & Storms – Stay Cool, Stay Safe 8/18 – Parkinson Disease – Fitness & Exercise 9/18 – Fire Safety at Home – Unhealthy Air 10/18 – Elder Abuse & Neglect – Alcohol Issues 11/18 – Nutrition – Forgetting to Eat 12/18 – Mental Health – Avoiding Burnout</p>

<p>2015 1/15 – Hypothermia Why Am I so Cold? 2/15 – Universal Precautions – Don't Get or Pass Germs! 3/15 – Health Care for the Person With Alzheimer's Disease 4/15 – Resolving Disputes/Communication When Giving Care 5/15 – Back Care – Safety First, Don't Get Hurt! 6/15 – Natural Disasters – Stay at Home or Evacuate 7/15 – Heat Waves 8/15 – Alzheimer's Disease Stages 9/15 – Fainting, Falls & High Blood Pressure 10/15 – Fire Safety—Smoke Detectors -Your First Defense 11/15 – Elder Abuse—Financial, Physical & Emotional 12/15 – Battle of the Bath—Bathing and Peri Care</p>	<p>2014 1/14 – Oral Care 2/14 – Plan of Care 3/14 – Good Nutrition on a Budget 4/14 – Living with Incontinence 5/14 – Mental Health /Depression 6/14 – Elder Abuse/Neglect 7/14 – Emergencies – Take Protective Measures 8/14 – Make Alzheimer's Activities More Fun 9/14 – Watch Out! Slips, Trips and Falls 10/14 – Infection Control—Better Safe Than Sorry 11/14 – Better Communication –Listen Carefully 12/14 – Be Safe from Fire</p>
<p>2013 1/13 – Rights of the Elderly & Protecting Seniors from Scams 2/13 – A Healthy Heart 3/13 – Nutrition—Taking It Seriously 4/13 – Back Pain—Lift Carefully 5/13 – Understanding Difficult & Combative Behavior 6/13 – Preparing a Safe Home 7/13 – Emergencies—Be Ready 8/13 – Keeping Pathogens Away 9/13 – Fight the Flu—Easy Steps 10/13 – Fire Safety 11/13 – Diabetes—Avoiding Complications 12/13 – Winter Safety—Indoor & Outdoor</p>	<p>2012 1/12 – Fell Down – Now What? 2/12 – The Failing Heart 3/12 – Boosting Nutrition, Boosting Appetite 4/12 – Medication & Alcohol Abuse 5/12 – Arthritis – Back Safety 6/12 – Home Safety – Bedroom & Outdoor Areas 7/12 – Traveling with Alzheimer's Disease 8/12 – Oxygen Therapy for Lung Disease 9/12 – Cancer Care 10/12 – Eye Safety, Eye Health 11/12 – Using the Health Care Team Effectively 12/12 – Clean It—Food, Hands, Equipment!</p>
<p>2011 1/11 – Communication / Getting It Right 2/11 – Vision Loss / Home Accident Prevention 3/11 – Senior Nutrition – Eat Safely & Wisely 4/11 – Safe Transfers / Proper Lifting 5/11 – Arthritis / Range of Motion 6/11 – Emergencies / When to Go to the ER 7/11 – Hospice Care and Dealing with Crushing Grief 8/11 – Exposure to Extreme Heat 9/11 – Bullies / Dealing With Difficult People 10/11 – Mental Illness, Depression, Stress 11/11 – Alzheimer's /Understanding Difficult Behavior 12/11 – Hygiene / Clean Care is Safer Care</p>	<p>2010 1/10 – Meaningful Activities in Alzheimer's & Dementia Care 2/10 – Our Biggest Killer - Heart Disease 3/10 – Good Nutrition for Healthy Body & Mind 4/10 – Alcohol & Drug Abuse In Seniors 5/10 – Mental Health 6/10 – Home Safety – Kitchen & Bathroom 7/10 – Hot Weather Safety 8/10 – Hospice Care 9/10 – Confidentiality - HIPAA or Hippopotamus? 10/10 – Liver Disease 11/10 – Lung Disease – Breathe Easier 12/10 – Controlling Infection</p>
<p>2009 1/09 – Vision Loss & Eye Care 2/09 – Handling Emergencies/ Heart Attack & Stroke 3/09 – Good Nutrition & Healthy Meals on a Budget 4/09 – Back Safety 5/09 – Loss, Grief & Depression 6/09 – Falls & Home Safety 7/09 – Abuse & Neglect 8/09 – Recognizing Pain or a Worsening Condition 9/09 – Better Communication 10/09 – Fire Safety 11/09 – The ABC Way to Understand Alzheimer's Behavior 12/09 – Universal Infection Precautions/Handling Body Fluids</p>	<p>2008 1/08 – Safe Transfers 2/08 – Bathing, Sponge, Tub, or Shower 3/08 – Medication Assistance 4/08 – Safety at Home - Falls 5/08 – COPD 6/08 – Keep That Infection From Starting 7/08 – Pressure Sores & Skin Care 8/08 – Range of Motion 9/08 – Chronic Heart Disease 10/08 – Hepatitis and Chronic Liver Disease 11/08 – Handling Problem Behaviors/ Distract & Redirect 12/08 – Incontinence & Personal Hygiene</p>

<p>2007</p> <ul style="list-style-type: none"> 1/07 – Understanding Stroke – One Disease, Two Causes 2/07 – Diabetes – Special Care Needs 3/07 – Handling Problem Behaviors 4/07 – Travel with Mobility Challenges 5/07 – Preparing the Home for Caregiving 6/07 – Financial Abuse - Setting Boundaries 7/07 – Take Steps to Avoid Heat Stroke 8/07 – Why All the Fuss About Handwashing 9/07 – Practical Aids for Living 10/07 – Incontinence and Bowel Hygiene 11/07 – Mouth Care - Dentures 12/07 – Nutrition & the Elderly 	<p>2006</p> <ul style="list-style-type: none"> 1/06 – Understanding Parkinson's Disease 2/06 – Caregiving After a Stroke 3/06 – Why Worry About Frequent Handwashing 4/06 – Back Care - Oh My Aching Back 5/06 – Short Term Memory Loss 6/06 – Safety in the Bathroom 7/06 – Ready for an Emergency 8/06 – Boosting Food Intake When Appetite is Poor 9/06 – Alzheimer's Wandering 10/06 – Loss, Loneliness & Grief 11/06 – Working (or Living) with Difficult People 12/06 – Medications & What To Ask The Doctor
<p>2005</p> <ul style="list-style-type: none"> 1/05 – Transfers 2/05 – Dealing With Anger and Elder Abuse 3/05 – Grief & Depression 4/05 – Diet & Nutrition for the Elderly 5/05 – Reducing the Chance of Home Accidents 6/05 – Pain & Discomfort Management 7/05 – Summertime Safety & Travel 8/05 – The Plan of Care 9/05 – Emergencies 10/05 – Balance Problems 11/05 – Fire Safety 12/05 – Living Wills 	<p>2004</p> <ul style="list-style-type: none"> 1/04 – A Safer Home Environment 2/04 – Oral Care 3/04 – Making an Occupied Bed 4/04 – Dressing 5/04 – Hallucinations 6/04 – Shampooing & Shaving 7/04 – Understanding Diabetes 8/04 – Home Accident Prevention 9/04 – Heart & Stroke Issues 10/04 – Being Heard & Being Understood 11/04 – Alzheimer's & Dementia Care Activities 12/04 – Wintertime Safety
<p>2003</p> <ul style="list-style-type: none"> 1/03 – Wintertime Safety & Comfort 2/03 – Chronic Illness Decision Making 3/03 – All About Meds 4/03 – Consumer Fraud and the Elderly 5/03 – Family Communication 6/03 – Combative Behavior 7/03 – Summertime Safety 8/03 – Vision Care 9/03 – A Good Night's Sleep 10/03 – Bathing & Foot Care 11/03 – Physical Therapy 12/03 – Making Mealtimes More Enjoyable 	<p>2002</p> <ul style="list-style-type: none"> 1/02 – Body Mechanics 2/02 – Hygiene – Keeping It Clean! 3/02 – Planning End-of-Life Healthcare 4/02 – Dementia, Alzheimer's & Memory Loss 5/02 – Eating Right 6/02 – Equipment & Supplies 7/02 – Skin Care 8/02 – Incontinence 9/02 – Depression 10/02 – Transportation & Travel 11/02 – Getting In-Home Help 12/02 – Communicating with the Doctor
<p>2001</p> <ul style="list-style-type: none"> 9/01 – Communicating When Giving Care 10/01 – Coping With Caregiver Stress 11/01 – Frustration Fear/ Empowerment 12/01 – Safety, Safety, Safety 	