

# 2011 Video Catalog

## by category

### Caregiver Help

- Caregiver Stress: Introduction
- Caregiver Stress: Modules 1, 2, 3
- Changing a Bed with Someone In the Bed
- Preventing Pressure Ulcers
- Family Dynamics for Caregivers
- Healing Hands: Elder-ssage
- Living in a Nursing Home: A New Beginning
- Living Wills: What Is a Living Will?
- Moving Someone To and From a Wheelchair
- Moving Someone To and From a Shower Chair
- Moving Someone To and From a Toilet
- Strategies for Keeping Rx Costs Down
- Ten Commandments of Caregiving
- What Is an Ombudsman?
- Asistencia para los cuidadores – Video y Discusión*

### Dementia

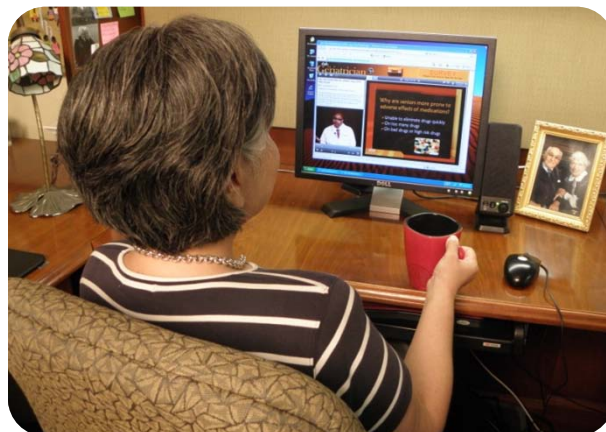
- A Discussion on Various Forms of Dementia
- Behavioral Disturbances in Elders with Dementia
- Caregiver Stress (Ask the Geriatrician Series)
- Dementia (Ask the Geriatrician Series)
- Delirium (Ask the Geriatrician Series)
- Dementia: Determining Decision Making Capacity
- Families Coping with Dementia
- Home Safety and Dementia: Modules 1, 2, 3
- I Don't Have Dementia—But It Is Driving Me Crazy!
- No, I'm Not Okay -- I'm Losing My Brain!
- Understanding Wandering and Preventing Elopement
- 10 Señales de Advertencia de Alzheimer*
- Alzheimer y Tipo 2 de Diabetes: Una Conexión Creciente*
- Estar seguro: Pasos que Tomar para la Persona con Demencia*
- La tensión en las personas encargadas del cuidado de los enfermos de alzheimer*

### Depression

- Depression in Elders

### Diabetes

- Diabetes Medications
- Using a Blood Sugar Monitor
- What Can I Do When My Blood Sugar Gets Low (Hypoglycemia)?
- Why Is It Important to Monitor My Blood Sugar?
- Usando su Monitor de Azúcar en la Sangre*
- Medicinas Para La Diabetes, Su Modo De Accion y Como Tomarlas*
- ¿Porque es Importante Checar Regularmente el Azúcar?*
- ¿Que puedo hacer cuando el azúcar de mi sangre baja mucho?*



### Elder Abuse/Fraud/Quality of Life

- An Age for Justice
- Don't Be the Victim of a Con
- Ethics—Aging, Driving, Sex, Research and Gambling
- Identity Theft: Protect Yourself
- Protecting Older Adults from Identity Theft
- Quality of Life Issues for Older Adults
- Reducing risk of becoming the next victim of elder abuse
- Senior Safety: Be Proactive in Keeping Yourself Safe
- Street Sense for Seniors: It's Common Sense
- The Art, Science and Spirit of Caring
- Tips for Protecting You and Your Home from Burglary

### Fall Prevention

- Fall Prevention and You, Safe at Home (Parts 1, 2, 3)
- Falls—A New Look at a Difficult Problem

### Grief

- How to BE with Someone Who Is Dying
- Loss and Grief
- Q & A Loss and Grief

### Health

- Adult Immunizations and Vaccine Preventable Diseases
- Alcoholism in Elders (Ask the Geriatrician Series)
- An Ounce of Prevention: Dialysis
- An Ounce of Prevention: Foot Care
- An Ounce of Prevention: Hypertension
- An Ounce of Prevention: Nutrition
- An Ounce of Prevention: The Eyes
- An Ounce of Prevention: The Kidneys
- An Ounce of Prevention: The Mouth
- Bad Drugs (Ask the Geriatrician Series)
- Brain Fitness
- Common Oral Problems in the Frail Elderly
- Dental Hygiene

Doctor & Patient Communication (Ask the Geriatrician Series)

“Help! My Mother Is on Drugs!” (Ask the Geriatrician Series)

Hydration/Dehydration -- To Drink or Not to Drink?

Preventing Urinary Tract Infections

Recognizing and Reporting Change of Condition in Your Residents

Signs, Symptoms and Diagnoses of Urinary Tract Infections

STARS: Steps Against Recurrent Stroke

The Physiology of Aging: Beyond Graying Hair (Ask the Geriatrician Series)

Transfer Trauma (Ask the Geriatrician Series)

Vaccinate for Life

What Is a Foley Catheter? How Do I Care for a Foley Catheter?

What Men Need To Know

Women’s Urinary Health Concerns

*Inmunizaciones y Enfermedades que Pueden Evitarse con las con las Vacunas para Adultos*

*Una Pizca de Prevención: Alta Presión*

*Una Pizca de Prevención: Cuidado de los Pies*

*Una Pizca de Prevención: La Boca*

*Una Pizca de Prevención: La Diálisis*

*Una Pizca de Prevención: Los Ojos*

*Una Pizca de Prevención: Los Riñones*

*Una Pizca de Prevención: Nutrición*

*Vacunar para la vida*

## Hearing

How to Select and Care for a Hearing Aid

## Hospice

End of Life Care (Parts 1, 2, 3)

## Living in a Nursing Home

Family Decisions and Long Term Care: Who Will Care for Mama?

It’s Not My Mother’s Cooking! Nutrition in Long Term Care

Medicare 101: An Overview of Medicare

“Tell Me What YOU Do” – Roles in Long Term Care

Realistic Expectations: Transitions to Memory Care

What about Spiritual Concerns?

What Is a DON?

What Is the Role of the Hospital Case Manager? How Is it Connected to Admissions?

What Should I Ask When Selecting an Assisted Living Facility?

What to Look for in a Long Term Care Facility

What Happened with My Mother's Cashmere Sweater??!!

What Is the Admission Process? What Do I Need to Do?

*¿Qué debo buscar al seleccionar un lugar para mi anciano querido?*

## Nutrition

Sugar and Spice; Not Everything’s a Vice (Ask the Geriatrician Series)

Food Safety English

Healthier Communities with MyPyramid

Recipe: Kitchen Sink Veggie Pasta Salad

Understanding Food Labels for Good Health!

*Comunidades Saludables con MiPiramide*

*Ensalada Facilisima de Vegetales y Pasta*

*Inocuidad de los alimentos... Está en sus manos*

*Entender las etiquetas de los alimentos para la buena salud*

## Sexuality

Sexuality: Modules 1, 2

## Spirituality

2009 Spirituality and Aging Conference (English)

Meditation - Segment 1: The Nature and Purpose of Christian Meditation

Meditation - Segment 2: Helping Yourself to Meditate

Meditation - Segment 3: Coming to Awareness

Meditation - Segment 4: Lectio Divina in Solitude

Meditation - Segment 5: Lectio Divina in a Group

Meditation - Segment 6: Meditation Using Guided Imagery

My Spirit Hears You

My Spiritual Journey: Parts 1, 2

The Relationship of Spirituality and Dementia

## Vision

Emotional Aspects of Vision Loss

Low Vision Adaptations

Low Vision Devices

Understanding Low Vision


Understanding Low Vision Rehabilitation

*Ojo con su Vision*

## 3 Easy Steps for Online Viewing

### STEP 1



Go to [mmLearn.org](http://mmLearn.org)  
and  
Click on 

### STEP 2



Enter your zip code,  
how many people  
are watching and  
click on

[Take me to the videos!](#)

### STEP 3



choose  
from our online  
training videos.