

Who We Are

mmLearn.org is a nonprofit organization in San Antonio, Texas serving older adults and their caregivers. We are a part of Morningside Ministries, which has been serving older adults and their families for almost 50 years in its three comprehensive retirement communities. mmLearn.org has two locations: The Elizabeth McGown Training Institute in San Antonio and the Georgie Briscoe Resource Center in Uvalde.



mmLearn.org 2010 catalogue

What We Do

mmLearn.org provides online training for family caregivers, pastoral care providers and healthcare professionals caring for older adults. Videos are provided with the goal of enhancing the quality of life and the quality of care of older adults and their caregivers. Information is based on best practices and research. When you view a video, you can be comfortable knowing that what you are learning is current and will help you provide the best care possible for an older adult. Free and low-cost educational and training videos are available at www.mmLearn.org 24 hours a day, 7 days a week.

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What We Do, cont'd.

The benefits of distance learning compared with traditional classroom learning include:


- It fits your schedule.
- No travel is involved.
- You can watch the entire video again and again or just review particular parts.
- You can take a break when you need one. Interruptions are not a problem. Just pause the video.
- If there is no speaker available to come to your facility for a group presentation, no problem!
Set up a projector and laptop with an internet connection and you can provide the presentation.

While this catalogue focuses upon free and low cost videos available on demand, individuals may also participate in live webcasts and a limited number of onsite presentations. Additionally, contact hours are available through a registration fee for nurses, nursing home administrators, activity directors, guardians and social workers.


For more information or to suggest possible topics, contact us by e-mail at info@mmLearn.org or by phone in San Antonio, Texas at (210) 734-1211 or in Uvalde, Texas at (830) 591-2574.

How to Use mmLearn.org:

How do you access these informative FREE or LOW-COST online videos? It's EASY!

- Log onto www.mmLearn.org.
- Click on the Free Online Video Training icon []
- To browse the video topics, follow the page number prompts and you'll see titles and descriptions for the videos.
- To view a specific video, just click on it and wait for it to start.
- Use the Search box to search specific topics by entering a key word that interests you.



You can even ask questions on mmLearn.org. Use the Ask function [] on the top left corner of the video. Simply click on it to submit your question through the website and receive a response from an expert within 72 hours. On some of our videos, you will also have the opportunity to respond to questions about the videos. Please answer them. It will help us serve you better.

Be sure to tell your friends or clients about mmLearn.org! Sharing this information can help enhance the quality of care and the quality of life for older adults and their caregivers.

Dementia

5.3 million people in the United States have dementia and the number is rapidly growing

Most of us will be touched in one way or another by dementia during our lifetimes. Dementia includes Alzheimer's disease and other disorders that affect the brain. Dementia is the sixth leading cause of death in the United States and a new case is diagnosed every 70 seconds. That's why it's important to get the facts. Viewing the mmLearn.org videos on physiological and behavioral changes in people with dementia will help you understand and anticipate the transitions those with dementia and their caregivers face. Watch the following videos to learn more:

Dementia, a four part series, presented by Jason Schillerstrom, MD, geriatric psychiatrist and associate professor at the University of Texas Health Science Center San Antonio School of Medicine, Department of Psychiatry:



- A Discussion on Various Forms of Dementia
- Dementia: Determining Decision Making Capacity
- Behavioral Disturbances in Elders with Dementia
- Depression in Elders



No, I'm Not Okay: I'm Losing My Brain! presented by Erin Bonitto, MS, ADC, Gemini Consulting: Some ways of communicating with people who have Alzheimer's disease or other forms of dementia are more effective than others. Learn tips for reducing the frustration of those living with dementia and methods for cultivating what Erin Bonitto refers to as "moments of pleasure, purpose and peace." *Great video for activity coordinators.*



Home Safety and Dementia, a three part series, presented by Martha Leatherman, MD, geriatric psychiatrist and Beth Goethe, PhD, neuropsychologist: Learn practical and inexpensive ways you can change and adapt a home environment to make it safer for someone with dementia.



Reducing Caregiver Stress

80-90% of older adults in the United States are cared for by a family member


Did you know caregivers face increased risks for chronic health problems such as depression? Family caregivers provide the vast majority of care for aging seniors, yet most have little preparation for caregiving roles.

Research has documented signs of premature aging in caregivers experiencing extreme stress. This level of stress can take as much as 10 years off a family caregiver's life. The stress of caring for a family member with dementia has been shown to impact the caregiver's immune system for up to three years after their caregiving responsibilities end. Watch the videos on caregiver stress for ideas on managing caregiving stress and caring for yourself while you care for another person.

Caregiver Stress, a three part series, presented by Martha Leatherman, MD, geriatric psychiatrist, and Beth Goethe, PhD, neuropsychologist:

- What is caregiver stress? How does it affect my body? What can I do about it?
- How much time do you spend as a caregiver? How can you manage the time you spend?
- What can you do when you're feeling out of control?
- How do I take care of myself? What is the best way to reduce stress? How can I recognize the signs of stress? How does my stress affect others around me?



Caregivers on Demand, a learning and sharing group, hosted by Virginia Valenzuela, MSW, MAPM: Most caregivers are women. Most are over forty. All face challenges, stress and joy that other women in the same situation understand. In these videos, caregivers share experiences that bring insights, laughter, tears and understanding. Viewers can post comments and ask questions by using the Ask function [].

Family Dynamics for Caregivers presented by Theresa Barron-McKeagney, PhD: Dr. Barron-McKeagney helps families and staff look at the issues of family dynamics in caring for a loved one. She shares her personal experience as the primary caregiver of her mother in a large family of siblings.



Caregiver Stress presented by Sharon Lewis, RN, PhD: Although family caregivers perform an incredibly valuable service for their relatives and the formal health care system, they do so at a considerable cost to themselves both emotionally and physically. Dr. Lewis provides information which empowers caregivers to gain control of their lives and decrease stress.

Spirituality and Aging

For some caregivers and older adults, one of the questions of aging is “What does it all mean?” The videos included in this section provide an opportunity for older adults and their caregivers to consider spirituality and meaning along with the challenges encountered with aging.

My Spirit Hears You presented by Chaplain Marta Peña, MDiv: How do you communicate and minister to those with dementia or those who cannot verbally communicate? Learn how to make the most of a visit with someone whose dementia or other challenges have robbed them of the skill to verbally communicate. This video may be helpful for caregivers caring for a homebound older adult or those in a nursing home. Find out how you can touch the spirit of someone with dementia and learn something about your own spirituality in the process.



My Spiritual Journey, Parts 1 and 2: Join Chaplain Marta Peña as she walks with each of us exploring the spiritual journey that begins at birth and continues throughout our lifetime. Chaplain Peña shares perspectives of attachments and separations and how these experiences impact our spiritual development. She also guides viewers in considering how difficulties strengthen and mold us.



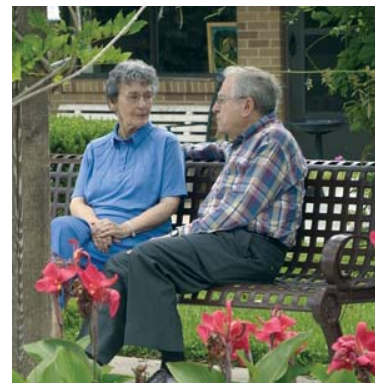
How to Be with Someone Who is Dying presented by Peg Armstrong: Terminal illness, our own or a loved one's, can provide a rich, meaningful and even transformative time of increased self-awareness around spiritual or faith-based questions such as: Why am I here? This video addresses practical considerations such as how to talk to children, the impact of dementia, making informed choices about end of life care and care for caregivers. It offers insight on 31 topics that arise during the transition process, the time between making a decision to stop medical treatment and when life reclaims itself from the world as we know it.

Transitions Big and Small presented by Amey Buchanan-Kadri MEd, MC, LPC: Ecumenical Center for Religion and Health, San Antonio

Other videos that might interest you:

Growing Older: What's It About?
Purpose and Play in Retirement
Transitions Big and Small

If you want to participate in the 2010 Spirituality and Aging Webcast Conference or host a remote site in September 2010, e-mail us at info@mmLearn.org.



Ask the Geriatrician

new program in 2010 will bring a geriatrician directly to you!



San Antonio, one of the ten largest cities in the United States with a major medical center and medical school, has less than ten geriatricians. Most communities in the United States have no geriatrician and the numbers of geriatricians will continue to decline in the next 20 years. Yet, these highly trained and knowledgeable physicians are among those best equipped to address the needs and concerns of older adults and their caregivers.

mmLearn.org will bring a geriatrician to you in 2010 through a live monthly webcast. The monthly ***Ask the Geriatrician*** program will feature geriatricians with specific areas of expertise. They will open with a brief presentation and then invite viewers to submit questions. ***Ask the Geriatrician*** will be webcast live the fourth Wednesday of each month at 10:30 a.m. CST. This program is free and will be available on demand at a later date. For more information, e-mail info@mmLearn.org or call 210-734-1211.

Advance Care Planning

a gift to your family and to yourself

Are you or your family members uncomfortable discussing wills, advance directives and other end of life choices? Watch the mmLearn.org videos on advance care planning and learn why Craig M. Klugman, PhD, a medical ethicist and faculty member at the University of Texas Health Science Center in San Antonio, calls advance care planning “a gift you can give to your family.” Advance care planning lets family members and healthcare providers know what someone’s medical and non-medical wishes would be in case of a life-threatening or terminal disease. Having conversations about advance care planning is extremely important for everyone. Watch these videos for more information:

- **Advanced Care Planning:** This video provides an overview of advanced directives including directive to your physician and family, medical power of attorney, out of hospital do not resuscitate order and directive for mental health treatment. Ethical wills, organ and body donation choices, a letter to family and friends, funeral arrangements and a last will and testament are discussed.
- **Living Wills:** What is a Living Will? Why is it important to have one? Texas residents will want to watch this video for a step-by-step explanation on how to use TexasLivingWills.org, an educational, web-based program designed for advanced directives completion.



Health Issues

maintaining health in later years

The more we know about our bodies, preventive measures and treatments for medical conditions, the better position we are in to take care of ourselves and others. Watch these videos to learn more:

- **Signs, Symptoms and Diagnoses of Urinary Tract Infections** presented by David Talley, MD, urologist: Learn the signs and symptoms of urinary tract infections.
- **Healing Hands: Elder-ssage** presented by Patti Biro, MEd: This video will show you how to do a simple, gentle hand massage for an older adult. Touch can be very soothing and out of all of our senses, it is the very last to be forgotten.
- **Emotional Aspects of Vision Loss** presented by Sandra Fox, DO, Lions Low Vision Clinic at the University of Texas Health Science Center in San Antonio: Dr. Fox discusses the stages of grief that a person goes through when suffering from vision loss and low vision AND what you can do to help. There are three videos in this series, and a comparable series presented by Melva Perez Andrews, MBA, OTR, CLVT, is available in Spanish.
- **Adult Immunizations and Vaccine Preventable Diseases** presented by Sandra Hermosa, San Antonio Metropolitan Health District head educator: Learn which immunizations older adults need and why they are important. This video is also available in Spanish.



- **Fitness: Forever Young With Exercise: Exercising for Seniors** presented by John Velasquez, kinesiologist and nutrition educator with the San Antonio Food Bank. This video provides simple exercises older adults can do at home to stay healthy and strong. This video is also available in Spanish.

You may also want to watch the following videos:

- **STARS: Steps Against Recurrent Stroke** presented by the National Stroke Association
- **Healthier Communities with MyPyramid** presented by Debby Boggs, RD with the San Antonio Food Bank
- **What is a Foley Catheter? How do I Care for a Foley Catheter?** Presented by David Talley, MD, urologist
- **How to Select and Care for a Hearing Aid** presented by Jane Watson, PhD, audiologist

Other Videos of Interest:

- **An Age for Justice: Recognizing and Preventing Elder Abuse** provided by Witness: Are you aware that 90% of elder abuse cases involve a family member or trusted individual? Abused elders are more likely to live shorter lives. Elder abuse includes physical, emotional or financial abuse along with neglect and other forms of abuse. Learn how to prevent and recognize elder abuse.
- **Memory Lessons** presented by Jerald Winakur, MD, geriatrician: Dr. Winakur describes experiences that led him to devote his career to caring for aging seniors. He describes changes he has seen in the medical field, including changes in technology, and details how those changes have affected the medical care older adults receive.
- **The 10 Commandments of Caregiving** presented by Jamie Huysman, PsyD, MSW, Executive Director of the Leeza Gibbons Memory Foundation: This insightful and thought-provoking video will give you a fresh perspective on caregiving. Dr. Huysman discusses the importance of caring for the caregiver.
- **Driver** produced by Eric Hinojosa, Lessons of Living Film Festival Award Winner: This humorous, yet touching video about a caregiver faced with telling his dad that he can't drive anymore shows the story from both men's viewpoints.

Elder Exploitation, Abuse and Safety

Older adults and their families are often concerned about safety issues. These videos provide tips and guidance that can help older adults feel more comfortable, not only at home, but also in the community. These videos are great for group viewing at senior centers, places of worship, nutrition sites and other locations where older adults gather.

Senior Safety Videos presented by Deputy Sheriff Sandy Atherton of the Bexar County Sheriff's Crime Prevention Unit: Be sure not to miss these highly informative senior safety videos. Based on many years in the criminal justice field Deputy Atherton explains why criminals and con artists frequently target elder adults and how to reduce the risk of crimes against older adults.

- **Senior Safety: Be Proactive in Keeping Yourself Safe**
- **Tips for Protecting You and Your Home from Burglary**
- **Street Sense for Seniors: It's Common Sense**
- **Identity Theft: Protect Yourself**
- **Don't Be the Victim of a Con**

Home Safety and Dementia presented by Beth Goethe, PhD, and Martha Leatherman, MD, of Dignity First: You will be glad you watched this series! With a small amount of time, you can reduce home hazards for older adults. Special consideration is given to the older adult with dementia.



Safe at Home: Fall Prevention and You presented by Tracy Zerkle, Active for Life Coordinator, OASIS The Centers for Disease Control and Prevention reports that falls are the leading cause of injury deaths among older adults. Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, and increasing their actual risk of falling. This 3 part series will help older adults learn what they can do to prevent falls so they can maintain independence and an active lifestyle. Register online and watch this 3-part series for the single price of \$5 per person.



Let's Get Practical About Caregiving

how to do wheelchair transfers and other important tasks

Caregivers may be required to transfer a loved one from a wheelchair to a car. If that happened today, would you know what to do? Watch the instructional "Caregiver Pick-Me-Up" series so you will be better equipped to meet the physical challenges you may encounter.

Available in English and Spanish:

- **How to Transfer Someone in a Wheelchair to and from a Car**
- **How to Transfer Someone in a Wheelchair to and from a Toilet Seat**
- **How to Transfer Someone in a Wheelchair to and from a Shower Chair**
- **How to Change a Bed with Someone in It**
- **How to Prevent Pressure Ulcers** (Available in English Only)