Trump’s election ushered in a contentious legislation season. Sessions I and II to the “tomb.” Healthcare spending consumes approximately 18% of our GNP, one of every six dollars spent. Heated debates on critical—literally life and death—topics. This course incorporates a review of key healthcare issues and trends. These include breakthroughs, and how technology is being used in disease care and interacting with family members will also benefit from the myth-busting perspectives and problem-solving skills taught here. An academic psychologist also trained as a pastoral counselor, Dr. Stearns presents timely, well-researched information together with personal insights and practical advice. Caregiver topics include: improving the quality of life for the one giving and the one receiving care; avoiding caregiver burnout; distinguishing what is normal aging and what is not; understanding caregiver sadness, resentment, guilt, and grief; affirming the dignity of an impaired elderly person while not encouraging excess disability; using strategies that can minimize an impaired elder’s distress and emotional outbursts; and finding needed help and accessing community resources. Another focus is successful aging: dealing with anxieties about aging, disability, and dependence; rejecting ageism and embracing all that can be good in late adult life; practicing self-care and specific behaviors to reduce the risk of dementia; and planning ahead to make life easier for those who will care for the caregiver in old age. Dr. Stearns’ latest book, Redefining Aging—A Caregiver’s Guide to Living Your Best Life, is published by Johns Hopkins University Press (November 2017). 

Edward Fotheringill is an adjunct professor of philosophy and meditation under the guidance of Yoga Master Sri Swami Satchidananda (1986 – 2000), and is the resident teacher of the Maryland Institute College of Art (MICA). He was a senior lecturer in philosophy at Towson University (1979 – 1992), and a senior lecturer in philosophy and peace studies at Goucher College (1989 – 2003). Ed studied Hindu philosophy and meditation under the guidance of Yoga Master Sri Swami Satchidananda (1986 – 2000), and is the resident teacher of meditation at the Cometa Wellness Center. He is the author of five philosophical novels wherein the wisdom of the East is presented in an interesting and original way.

Sessions I and II Monday, 11 a.m. (begins April 9) | Fee: $65
Family caregivers living with the blessings, burdens, chronic stress, and countless challenges of caring for an elderly loved one with physical or cognitive impairments will find this course both comforting and empowering. Paid caregivers doing elder care and interacting with family members will also benefit from the myth-busting perspectives and problem-solving skills taught here. An academic psychologist also trained as a pastoral counselor, Dr. Stearns presents timely, well-researched information together with personal insights and practical advice. Caregiver topics include: improving the quality of life for the one giving and the one receiving care; avoiding caregiver burnout; distinguishing what is normal aging and what is not; understanding caregiver sadness, resentment, guilt, and grief; affirming the dignity of an impaired elderly person while not encouraging excess disability; using strategies that can minimize an impaired elder’s distress and emotional outbursts; and finding needed help and accessing community resources. Another focus is successful aging: dealing with anxieties about aging, disability, and dependence; rejecting ageism and embracing all that can be good in late adult life; practicing self-care and specific behaviors to reduce the risk of dementia; and planning ahead to make life easier for those who will care for the caregiver in old age. Dr. Stearns’ latest book, Redefining Aging—A Caregiver’s Guide to Living Your Best Life, is published by Johns Hopkins University Press (November 2017).

Ann Kaiser Stearns, Ph.D., is the best-selling author of Living Through Personal Crisis (published in seven languages), and other books and articles on finding resilience in adversity. A long-time professor of psychology at the Community College of Baltimore County, Dr. Stearns has also received awards for “Excellence in Teaching” from Loyola College, Johns Hopkins University, and the Maryland Psychological Association. She has appeared on more than 200 radio and television programs in the U.S. and Canada, and in a widely distributed public television program now on DVD, “Living Through Personal Crisis with Dr. Ann Kaiser Stearns.”