

Petaluma People Services Center

PPSC is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual.

Our agency values
DIVERSITY in all its forms.
Whatever your ethnicity, religion, country of origin, language, abilities, sexual orientation, or gender.
YOU ARE WELCOME HERE!

www.petalumapeople.org
www.petalumaboutny.org
www.facebook.com/PetalumaPeople/

- Petaluma People Services Center
- ◆Petaluma Bounty
 - ◆Fair Housing Sonoma County
 - ◆Petaluma Bounty Penny Harvest
 - ◆Petaluma Day Labor Initiative
 - ◆1,000 Petaluma Bowls

Contact PPSC about any of our programs that serve those in our community who are 60 or older.

- Case Management
- Meals On Wheels
- Senior Café
 - Congregate Meals
- Adult Day Care
- Caregivers Support Group
- iRide Petaluma & Rohnert Park (Transportation)
- Bridge the Gap (Housing)
- Reducing Depression for Adults and Older Adults
- FallProof!

Other Support Services

- Information and Referral
- PPSC System of Care
- Earn It Keep It Save It
- Season of Sharing
- Fair Housing Petaluma
- Petaluma Homelessness Prevention

Petaluma Bounty

- Bounty Hunters
- Farmers Market L.I.F.E.
- Bounty Farm Stand
- Farmacy

Counseling

- Family, Youth and Adult

Employment

- Youth, Careerpoint Sonoma & Marin
- Adult – SonomaWorks
- +55 Women



PETALUMA PEOPLE SERVICES CENTER

PPSC's Support Group for Caregivers of people with dementia

**Memory Impairment,
Dementia,
Alzheimer's Disease**

**ARE NOT NORMAL
AGING SYMPTOMS**

It is the progressive neurological deterioration of brain cells, affecting **four million Americans.**



“Mom accuses me of stealing her purse whenever she hides it. She rummages the drawers and makes a mess of everything. She paces all hours of the night. I can’t get any rest. Through Caregivers Express, I have learned how to deal with the situations. I no longer feel guilty or ashamed to say Mom has Alzheimer’s”.

- **Nancy**

Four Things you can count on at the Caregivers Express Meeting:

- Confidentiality and emotional support.
- Practical advice about Alzheimer’s Disease, Memory Impairment and Dementia.
- Understanding from others who share similar experiences.
- A supportive environment to express your feelings, like frustrations, anger, and guilt.

Caregiver Express staff really care about people.

Alzheimer’s disease patients usually live from 4 to 8 years after they are diagnosed while some live up to 20 years. We will help you face difficult decisions about the care of your loved one.



When & Where

Every 2nd and 4th Tuesday
1:30pm – 3:00pm
PPSC Adult Day Care Location
25 Howard Street, Petaluma
707-765-8488

This group is facilitated with empathy, sensitivity and knowledge. Case Management is provided to seniors referred to PPSC’ Senior Services.

Caregivers Express is a service provided by **Petaluma People Services Center** in partnership with **Redwood Caregivers Resource Center** through a grant provided by the **Sonoma County Area Agency on Aging.**

Contact PPSC’s Case Manager
707-765-8488
admin@petalumapeople.org