

Calendar of Events

January 16, 2026	Recognition & Board Installation Gala District 56 8230 Civic Center Drive Elk Grove, CA 95757 06:00 PM - 09:00 PM PST
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November 19, 2025
- December 31, 2025

The Conversations We Avoid: Health & Aging Parents: A Weekly Virtual Family Caregiver Education Series
<https://www.facebook.com/ageinplacesacramento>
10:00 AM - 10:30 AM PST
Lou Basinal, 9163023038
loub@AgeInPlaceSacramento.com
The Conversations We Avoid: Health & Aging Parents: A Weekly Virtual Family Caregiver Education Series

I don't know what time you will be reading or watching this. But today, when you open your doors to start your day, 10,000 other doors open to families grappling with that complex, deeply personal challenges of aging.

Behind many of those doors are retired executive, professionals and devoted adult children doing their best to balance careers, family, and caregiving while honoring one simple wish from their parents:

"I JUST WANT TO STAY IN MY OWN HOME"

My name is Lou. I am a Geriatric Wellness Nurse Specialist, Nurse Educator and Eldercare Consultant. Everyday, I serve as the President of Age In Place Sacramento.

Welcome to The Conversations We Avoid: Health & Aging Parents. A weekly Facebook live series powered by Age In Place Sacramento where we bring you education, expert insights and practical tips to help you make informed decisions about aging, caregiving and home care.

Each episode dives into the question that keeps family members awake at night:

1. *"How do I keep mom safe without taking away her independence?"*
2. *"What kind of help can we bring into the home and how much does it cost?"*
3. *"Where does my mom belong, at home or assisted living?"*
4. *"When is the time to consider alternatives and how do we talk about it with love and respect?"*
5. *"Where do we get money to pay for care?"*
6. *"What could you do when you feel like you are losing your mind?"*
7. *Should your parents move in with you or not?*
8. *What does care cost at home and outside of the home?*
9. *Rehabilitation at home vs a nursing home*
10. *Where could you turn to for help.*

Hosted by our team of eldercare experts, family advocates and nurse navigators, this show offers a calm and trusted space for real conversations about what it takes to keep your loved ones aging gracefully and in peace.

If someone you love, needs care or a friend, neighbor, co-worker or someone you worship with needs support, please share this event or video with them.

Tune in every Wednesday morning at 10AM PST.

Follow our Facebook page and turn on notifications so you don't miss the next conversation that could change your caregiving journey.

BECAUSE AT AGE IN PLACE SACRAMENTO, WE BELIEVE NO FAMILY SHOULD NAVIGATE CAREGIVING ALONE.

Our 24/7 service is 916-302-3038.

December 4, 2025
- December 5, 2025

To Learn, Earn & Build Skill Competence

<https://us02web.zoom.us/j/87608229661>

12:00 PM - 02:00 PM PST

Age In Place Sacramento, 916-302-3038

service@ageinplacesacramento.com

Caregiving is more than just a job. It's the greatest expression and art of love. It's an art where life experience, compassion, and integrity come together to improve the world, one person at a time.

At Age In Place Sacramento, we believe in creating a work environment where team members thrive. We are not just caregivers-we are partners in care. We serve high level retired executives and the aging loved ones of very busy professional families.

We are growing and expanding our service territory. We are looking for caregivers, nursing, occupational therapy and physical therapy students who value fulfilling flexible and well-paying work that warms their heart and helps to build a career ladder.

We are the best family friendly company in our community so if you are looking for a great job that is supportive of your situation, offers amazing benefits, pays well and helps you build a career ladder, we welcome you to AGE IN PLACE SACRAMENTO.

December 12, 2025

Landscape Winter Wonderland with Joy Kuo

Elk Grove Fine Arts Center

9020 Elk Grove Boulevard Suite 101

Elk Grove, CA 95624

11:00 AM - 01:00 PM PST

Heath Buckmaster, (916) 685-5992

info@elkgrovesfineartscenter.org

Landscape Winter Wonderland with Joy Kuo

Friday, December 12 from 11AM-1PM at the Center

Class Fee: \$65

About the Workshop:

In the Winter Wonderland Landscape, you will learn how to use watercolor on rice paper to create a landscape with a winter theme. This technique is totally different than painting with watercolors on watercolor paper.

Materials:

The instructor supplies all the rice paper for the class. If you already have watercolors, you can bring them with you. If not? Please feel free to use my materials.

About the instructor:

Joy's fine art techniques on the Watercolor on rice paper is from her eastern roots of Chinese paintings on rice paper. They are also from her western branches reaching skyward.

Blending brushwork techniques into forward-moving composition, she advances her work toward the promise of an art all-encompassing future.

CPR and First-Aid Classes in Elk Grove

09:00 AM - 10:00 AM PST

office@safetytrainingseminars.com

The Importance of CPR and First-Aid Courses: Be Prepared to Save Lives

Cardiopulmonary resuscitation (CPR) and First-Aid training courses are essential skills that empower individuals to act quickly and effectively during emergencies. Whether at home, work, school, or in public spaces, knowing how to respond to medical crises can mean the difference between life and death. These courses are designed to equip people with the knowledge and confidence needed to assist until professional medical help arrives.

What is CPR?

CPR is a lifesaving technique used in emergencies when a person's heartbeat or breathing has stopped, such as during cardiac arrest or drowning. The procedure involves chest compressions and, in some cases, rescue breathing to maintain blood flow to vital organs. CPR can significantly increase a victim's chances of survival if administered within the first few minutes of a cardiac event. According to the American Heart Association, effective bystander CPR can double or even triple a cardiac arrest victim's chance of survival.

CPR training typically includes how to recognize the signs of cardiac arrest, perform high-quality chest compressions, use an automated external defibrillator (AED), and deliver rescue breaths. Courses often differentiate between adult, child, and infant techniques, ensuring that participants can respond appropriately to different situations.

What is First-Aid Training?

First-Aid training goes beyond CPR by covering a broader range of emergency scenarios. Participants learn how to manage bleeding, burns, fractures, choking, allergic reactions, seizures, and other common injuries and medical conditions. These skills are particularly useful for parents, teachers, childcare providers, security personnel, and anyone working in high-risk environments.

A well-structured First-Aid course emphasizes scene safety, assessing the victim, and administering care while awaiting emergency responders. Students learn how to use basic medical supplies, make quick decisions, and offer emotional support to victims during a crisis.

Who Should Take CPR and First-Aid Courses?

Everyone can benefit from CPR and First-Aid certification, regardless of their profession. However, certain groups are especially encouraged to obtain certification:

Healthcare professionals

Teachers and school staff

Coaches and fitness trainers

Childcare providers

Construction and manufacturing workers

Lifeguards and camp counselors

Corporate employees and managers

Many employers require their staff to be certified as part of workplace safety programs or to meet regulatory standards, such as those set by OSHA.

Course Format and Certification

CPR and First-Aid courses are widely accessible and available in multiple formats,

including in-person classes, online learning, and blended options that combine digital instruction with hands-on skills testing. Most courses are offered by accredited organizations such as the American Heart Association (AHA), American Red Cross, and National Safety Council.

Upon successful completion of the course, participants receive a certification card that is typically valid for two years. Recertification is recommended to ensure that skills stay current with the latest guidelines and procedures.

Why These Skills Matter

Emergencies can occur without warning, and every second counts. Having the ability to take immediate action before emergency services arrive can dramatically affect outcomes. CPR and First-Aid training not only improve survival rates but also foster a sense of responsibility, leadership, and preparedness in communities.

In addition to providing practical skills, these courses also promote public awareness of health and safety issues. Participants gain the confidence to stay calm and collected during high-stress situations, which is invaluable when helping others.

Conclusion

CPR and First-Aid courses are not just for healthcare workers—they are vital life skills that everyone should learn. These courses prepare individuals to act decisively, offer critical aid, and potentially save lives in moments of crisis. With training available in communities across the country, now is the perfect time to enroll and become a proactive responder in emergencies. Your knowledge could one day make all the difference.

View CPR and First-Aid Classes in Elk Grove

December 21, 2025

Miracles In Old Elk Grove

Old Town Plaza

9615 Railroad Street

Elk Grove, CA

08:00 AM - 12:00 PM PST

Veto Allan, 916-671-9622

info@miraclesinelkgrove.com

Miracles in Old Elk Grove, led by dedicated local business owners and community leaders, aims to bring joy to 150 families facing challenges this Christmas. Our toy drive stands out for its seamless donor and recipient experience, using Old Town Plaza as the hub for toy collection and distribution on the same day. Besides toys, we will provide essential newborn items and complete Christmas dinners for each family. We are partnering with the Cosumnes Firefighters Community Support Foundation to identify families in need from Galt and Elk Grove.

January 7, 2026

Virtual Membership 101
10:00 AM - 11:00 AM PST

Your membership with the Elk Grove Chamber of Commerce is your portal to promoting your business. If you are a new member, an ongoing member, or considering joining the Chamber, you are invited to learn about programs and services to help you in your business.

The Elk Grove Chamber of Commerce is dedicated to providing networking opportunities, promotional and advertising programs and ongoing business and education services.

Hear about the benefits of being a Chamber member at our next Membership 101. Please call or register online. Prospective, new and ongoing members welcome! Our Board and Staff are here to serve you. We look forward to assisting you!

April 19, 2026

Sacramento Book Festival 2026
Scottish Rite Masonic Center
6151 H Street
Sacramento, CA 95819
10:00 AM - 05:00 PM PST
Scott Coatsworth, 9257888896
info@sacramentobookfestival.com

Join us for the Sacramento Book Festival on Sunday, April 19, 2026, from 10 am-5 pm, at the Scottish Rite Masonic Center, located at 6151 H Street in East Sacramento. This family-friendly literary event, for all ages, features 200 local authors, a dedicated kids' room with activities, and panels with many well-known authors. The book festival is bigger and better than last year. The new venue is 5x larger, with almost everything indoors and A/C, and over 500 on-site parking spaces. There will also be multiple food trucks and outdoor seating available this year. Admission is free! Visit www.sacramentobookfestival.com for more information.