

# AUGUST 2016 EVENTS

*You are not alone ... Please join us at one of the following sessions*

## ~ “FREE” Family Caregiver Support Groups and Educational Trainings ~

### ALZHEIMER'S SUPPORT GROUP

**WHEN:** TUESDAY, AUGUST 2ND  
**TIME:** 6:00 p.m.  
**WHERE:** Y.W.C.A.  
**ADDR.:** 4601 Corona Drive, Corpus Christi  
**PHONE:** (361) 883-3935 or 1-800-817-5743

**WHEN:** THURSDAY, AUGUST 11TH  
**TIME:** 3:00 p.m.  
**WHERE:** Mirador  
**ADDR.:** 5857 Timbergate Drive, Corpus Christi  
**PHONE:** (361) 883-3935 or 1-800-817-5743

**WHEN:** MONDAY, AUGUST 15TH  
**TIME:** 12:00 p.m.  
**WHERE:** Lindale Center/ Caregiver SOS  
**ADDR.:** 3133 Swantner St., Corpus Christi  
**PHONE:** (361) 826-2343

**WHEN:** TUESDAY, AUGUST 16TH  
**TIME:** 9:30 a.m.  
**WHAT:** General Caregiver Support Group  
**WHERE:** Brookdale  
(Formerly Homewood Residence)  
**ADDR.:** 6410 Meadow Vista, Corpus Christi  
**PHONE:** (361) 980-0208  
**FACILITATOR:** Anita Valles

**WHEN:** WEDNESDAY, AUGUST 17TH  
**TIME:** 3:00 p.m.  
**WHERE:** Alice Public Library  
**ADDR.:** 401 E. Third Street, Alice  
**PHONE:** (361) 883-3935 or 1-800-817-5743

**WHEN:** THURSDAY, AUGUST 18TH  
**TIME:** 10:30 a.m.  
**WHERE:** Lexington Place Nursing & Rehab  
**ADDR.:** 1661 West Yoakum, Aransas Pass  
**PHONE:** (361) 758-7686

**WHEN:** THURSDAY, AUGUST 25TH  
**TIME:** 4:30 p.m.  
**WHERE:** Kleberg County Nursing & Rehab  
**ADDR.:** 316 General Cavazos Blvd., Kingsville  
**PHONE:** (361) 883-3935 or 1-800-817-5743

### GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

#### (\* SUMMER SESSION

**WHEN:** TUESDAY, AUGUST 23RD  
**TIME:** 10:00 a.m. — 11:00 a.m.  
**WHERE:** Ben F. McDonald Library  
(Formerly: Greenwood Library)  
**ADDR.:** 4044 Greenwood Drive; Corpus Christi  
**PHONE:** (361) 883-3935 or 1-800-817-5743

(\* Children are encouraged to attend and participate in library activities.

#### WHAT: (\*) EVENING SUPPORT GROUP

**WHEN:** Thursday August 25th  
**TIME:** 6:00 p.m. — 7:00 p.m.  
**WHERE:** First United Methodist Church  
**ADDR:** 900 South Shoreline Blvd.; Corpus Christi  
2nd floor—Rm #216 / parking & entrance behind church  
**PHONE:** (361) 334-2255

**FACILITATED/PRESENTED BY: MCH FAMILY OUTREACH**

(\* Please call if you will bring your grandchild(ren)

**For additional information contact:**

**FELIPA LOPEZ WILMOT**

*Family Caregiver Program Specialist*

**Office: (361) 883-3935 ext - 5153**

**Toll Free: 1-800-817-5743**

**email: felipa@cbcogaaa.org**

~ OR ~

**MONZERATT SILGERO**

*NFCSP (Interim) Administrative Assistant*

**Office: (361) 883-3935 ext - 5156**

**Toll Free: 1-800-817-5743**

**email: NFCSP@cbcogaaa.org**



Facilitations are provided by:  
**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**  
a program of the:

**FREE 12 Hour Class**

# **SCHMIEDING DEMENTIA TRAINING**

**(\*) CLASSES:** Tuesday, August 9th  
Tuesday, August 16th  
Tuesday, August 23rd

**TIME:** 12:30 p.m. ~ 4:30 p.m.

**WHERE:** Del Mar College West Campus  
Health Science Building 2  
4101 Old Brownsville Road  
Corpus Christi, Texas 78415

**(\*\*) Pre-Register by August 2nd**

**(361) 883-3935 OR 1-800-817-5743**

## **COURSE CONTENT INCLUDES:**

- ◆ *Activities*
- ◆ *Behavior Issues*
- ◆ *Caregiver Stress and Caregiver Burnout*
- ◆ *Communication*
- ◆ *Dignity and Quality of Life*
- ◆ *End-of-Life Care*
- ◆ *Introduction to Dementia and Alzheimer's Disease*
- ◆ *Maintenance of Respect*
- ◆ *Nutrition and Fluid Balance*

*For additional information contact:*

**~ FELIPA LOPEZ WILMOT ~**

Family Caregiver Program Specialist

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**email: nfcsp@cbcogaaa.org**

*Facilitation provided by the:*

**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

*The Area Agency on Aging  
is a program of the:*



**COASTAL BEND  
COUNCIL OF  
GOVERNMENTS**



*The Area Agency on Aging is funded in part by the Texas Department of Aging and Disability Services*

# Stress-Busting Program for Family Caregivers™



**Program for Family Caregivers of People with Alzheimer's  
Disease or Dementia**

**Do you provide care for a loved one with Alzheimer's  
disease or dementia?**

## *You Are Not Alone*

- We know caregiving can be stressful
- This program will teach:
  - stress management techniques
  - relaxation and coping strategies
- Program available at no cost

### Information

**Who:** Family caregivers of a loved one with dementia

**What:** Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

**Where:** Caregiver SOS @ Lindale  
3135 Swantner

**When:** Classes begin June 27<sup>th</sup>, 6 to 7:30 pm

*"I was at a very low point in my life. This program saved my life."  
Participant*



Distributed by

**WELLMED**  
CHARITABLE FOUNDATION



Developed at  
**UT HEALTH**  
**SCIENCE CENTER**  
SAN ANTONIO

**Please call for more information or to register:**

**D-SBP19**

**361-826-2343**  
**[www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)**

# Stress-Busting Program for Family Caregivers™



Programa para eliminar el estrés de las personas que cuidan a sus familiares

¿Cuidas a un ser querido que tiene la enfermedad de Alzheimer o demencia?

**¡No estás solo!**

- Sabemos que cuidar a otra persona puede ser estresante
- Este programa te enseñará:
  - las técnicas para manejar el estrés
  - las estrategias de relajación y para sobrellevar el estrés
- El programa se ofrece sin costo alguno

## Información

**Quién:** las personas que cuidan de un ser querido que tiene demencia

**Qué:** un programa de varios componentes que se reúne

- 90 minutos cada semana durante 9 semanas
- en grupos de hasta 8 personas

**Dónde:** En Corpus Christi

**Cuándo:** Sera anunciado en el futuro

***"Había llegado a un punto muy bajo en mi vida. Este programa me salvó la vida".***

Distribuido por



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CHARITABLE FOUNDATION

Elaborado en  
UT HEALTH  
SCIENCE CENTER<sup>®</sup>  
SAN ANTONIO

Para pedir más información o para inscribirte llama al:

**Felipa Lopez Wilmot**  
361-883-3935



# Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Wednesday, August 3rd	11:00 am <b>Eastern</b> 10:00 am <b>Central</b> 9:00 am <b>Mountain</b> 8:00 am <b>Pacific</b>	<b>How to Reap Positive Rewards of Caregiving with Dr. Barry Jacobs</b> <i>Dr. Barry Jacobs has recently coauthored a second caregiving book--AARP Meditations for Caregivers--Practical, Emotional and Spiritual Support for You and Your Family, with Julia Mayer, Psy.D. The book is comprised of nearly 150 short, real-life stories of caregivers who found ways to reap caregiving's positive rewards, including personal and spiritual growth, an enhanced sense of purpose, and greater family closeness. Dr. Jacobs will be sharing information on reaping these positive rewards with participants in this session.</i>
Monday, August 8th	1:00 pm <b>Eastern</b> 12:00 pm <b>Central</b> 11:00 am <b>Mountain</b> 10:00 am <b>Pacific</b>	<b>Siblings, Family Conferences, and Caregiving with Zanda Hilger, LPC</b> <i>Often family caregiving is provided by one person but there are ways to engage siblings to help. Learn ways to talk to siblings, family conferences, and ways to match siblings skills with the needs of the older adults needing help. <b>Sponsored by the North Central Texas Caregiver Teleconnection</b></i>
Tuesday, August 16th	12:00 pm <b>Eastern</b> 11:00 am <b>Central</b> 10:00 am <b>Mountain</b> 9:00 am <b>Pacific</b>	<b>Overcoming the Emotional Hurdles to Accepting Help with Evalyn Greb, LCSW</b> <i>Sometimes caregivers encounter hurdles that get in the way of getting the support they need. These hurdles may be personal, such as overcoming guilt, or external, such as coping with financial challenges. Evalyn Greb, Licensed Clinical Social Worker, will discuss how caregivers can overcome these hurdles to get the support they and their loved one need to live well throughout the caregiving experience.</i>
Thursday, August 25th	3:00 pm <b>Eastern</b> 2:00 pm <b>Central</b> 1:00 pm <b>Mountain</b> 12:00 pm <b>Pacific</b>	<b>Safe Meds for Seniors and Their Caregivers with Lucy Barylak, LMSW</b> <i>Many caregivers have questions and concerns about the management of medicines for their loved one. Join in this <b>4 session series</b> featuring Lucy Barylak, LMSW, a primary developer of this educational material, and a member of the steering committee of the Canadian Caregiver Coalition. All caregivers participating in this 4 session series will receive a booklet and the opportunity to participate in an evaluation of the program sponsored by the University of Texas Health Science Center. <b>**Space for 20 participants (Family Caregivers Only)**</b></i>



A program of the WellMed Charitable Foundation

Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free

\*\*\*Registration required at least 24 hours in advance\*\*\*

**17th ANNUAL  
GRANDPARENTS AND OTHER RELATIVES  
RAISING CHILDREN CONFERENCE  
WEDNESDAY, SEPTEMBER 28, 2016  
8:00 a.m. – 1:00 p.m.**

**American Bank Center – Watergarden Room  
1901 North Shoreline, Corpus Christi**

**Register to attend by calling:**

**361-883-3935 or 1-800-817-5743**



**GRANDPARENTING TOOLS & AVAILABLE RESOURCES INCLUDE:**

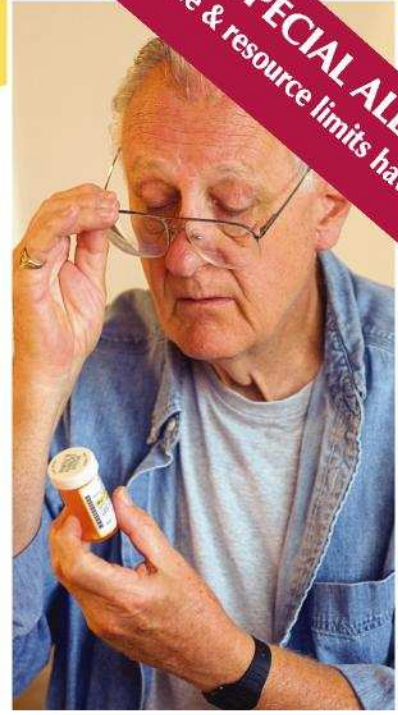
- \* Legal Issues
- \* School Facts
- \* Social Services
- \* Healthy Lifestyles
- \* Exhibitors & Informational Booths

*Continental Breakfast & Lunch will be served*

*Door Prizes & Much More!*

Like us on  [www.facebook.com](http://www.facebook.com)

*Annual Grandparents and Other Relatives Raising Children Conference*



**SPECIAL ALERT!**  
Income & resource limits have changed!

## YOU MAY QUALIFY FOR **"EXTRA HELP"**

There are many services available to assist people with disabilities, older Texans, their families and caregivers.

Apply now and you may qualify for "EXTRA HELP" with Medicare Prescription Drugs and/or other Medicare Savings Programs.

**1-800-817-5743 or  
1-855-937-2372**

**[www.aaacoastalbend.org](http://www.aaacoastalbend.org)**

