



TELECONNECTION

www.caregiverteleconnection.org



# Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Wednesday, November 2nd Thursday, November 16th Thursday, November 30th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Lucy Barylak, MSW as "Dear Lucy"</b> <i>In honor of National Caregivers month, Caregiver SOS wants to recognize and honor all of the work that family caregivers are doing. Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. <b>You can submit your questions or comments by email or phone.</b></i>
Monday, November 13th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>The Holidays and Caregiving with Zanda Hilger, LPC</b> <i>This is an annual session where you will learn practical ways to prioritize the demands of the holidays when you are a caregiver. Tune in to listen and share your experiences, getting help from other caregivers to find ways to enjoy the holidays while taking care of a loved one. <b>***Sponsored by the North Central Texas Caregiver Teleconnection***</b></i>
Tuesday, December 5th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Coping with Caregiver Stress with Tam Cummings, PhD.</b> <i>Therapists estimate dementia family caregivers suffer the highest levels of anxiety and depression of any group of caregivers. In this practical presentation, Tam covers the signs and symptoms of depression and anxiety, and their physical impact on caregivers. She also teaches and practices with audience members a number of proven, easy techniques to control and relieve stress.</i>
Monday, December 11th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Keeping your Sense of Humor: the Brighter Side of Caregiving with Zanda Hilger, LPC</b> <i>Research shows that laughter and humor helps manage stress and has many health benefits. You may feel pretty "humorless" at times when errands pile up, you spend hours waiting in doctors' offices and you're just exhausted. Listen in to hear some of each other's stories as well as get resources to help lighten up your caregiving. <b>***Sponsored by the North Central Texas Caregiver Teleconnection***</b></i>

Happy Holidays and a Happy new Year!!!



WELLMED CHARITABLE FOUNDATION

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\*\*\*

**PRESENTS**

**Lucy Barylak, MSW as “Dear Lucy”**

**Wednesday, November 2nd**

**Thursday, November 16th**

**Thursday, November 30th**

**12:00 pm (Central Time)**

In honor of National Caregivers month, Caregiver SOS wants to recognize and honor all of the work that family caregivers are doing. The Teleconnection program will take a lead in honoring caregivers throughout the month of November by offering a new program called “Dear Lucy”. “Dear Lucy” is Lucy Barylak, MSW, who is a respected expert in working with caregivers and is a great resource in finding the answers you need.

We want to hear what you have to say! It is a chance for you to ask questions, make comments, and express yourself regarding the issues you face as a caregiver. It is as easy as 1, 2, 3...

1. Identify any questions, thoughts and ideas you have about your caregiving role or experience
2. Submit your questions, thoughts and ideas to **caregiverteleconnection@wellmed.net** or **866-390-6491**
3. Call in to hear “Dear Lucy” answer your questions or discuss the topics you submitted. To honor confidentiality, no names will be used.

Please remember that no question or idea is too small! So let's hear what you have to say. You never know, what you have to share may make a difference in someone else's life as well.

**To register please call:  
(866) 390-6491 Toll Free**

**Email:  
caregiverteleconnection@wellmed.net**

