

AUGUST 2018 EVENTS

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

~ Family Caregiver Support Groups ~

ALZHEIMER'S & GENERAL SUPPORT GROUPS

WHEN: WEDNESDAY, AUGUST 1st
TIME: 10:00 a.m.
WHERE: SCC River Ridge Nursing Rehab Center
ADDR: 3922 W. River Dr. (Off FM 624), Corpus Christi
PHONE: (361) 767-2000

WHEN: THURSDAY, AUGUST 2nd
TIME: 10:30 a.m.
WHERE: Gulf Point Plaza
ADDR: 1008 Enterprise Blvd, Rockport
PHONE: (361) 727-1800

WHEN: TUESDAY, AUGUST 7th
TIME: 6:00 p.m.
WHERE: Elan Assisted Living & Memory Care
ADDR: 5441 Lipes Blvd., Corpus Christi
PHONE: (361) 371-8157 Please RSVP Kelly or Lora

WHEN: WEDNESDAY, AUGUST 8th
TIME: 12:00 p.m.
WHERE: Lindale Center / Caregiver SOS
ADDR: 3133 Swantner St., Corpus Christi
PHONE: (361) 826-2343

WHEN: THURSDAY, AUGUST 9th
TIME: 3:00 p.m.
WHERE: Mirador Plaza (back side of the facility)
ADDR: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935

WHEN: TUESDAY, AUGUST 14th
TIME: 6:00 p.m.
WHERE: Woodridge Nursing & Rehab. Center
ADDR: 600 So. Hillside Dr., Beeville
PHONE: (361) 358-8880

WHEN: THURSDAY, AUGUST 16th
TIME: 1030 a.m.
WHERE: Ed & Hazel Richmond Public Library
ADDR: 110 N. Lamont St., Aransas Pass, Texas
PHONE: (361) 883-3935

WHEN: TUESDAY, AUGUST 21st
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 Valle

WHEN: THURSDAY, AUGUST 23rd
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab.
ADDR: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935

WHEN: TUESDAY, AUGUST 28th
TIME: 4:00 p.m.
WHERE: Alice Public Library
ADDR: 401 E. Third Street, Alice
PHONE: (361) 883-3935

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

WHEN: TUESDAY, AUGUST 28th
TIME: 10:00am — 11:00am
WHERE: Greenwood Senior Center
ADDR: 4040 Greenwood Drive, Corpus Christi
PHONE: (361) 883-3935

WHAT: (*) EVENING SUPPORT GROUP
WHEN: THURSDAY, AUGUST 30th
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)
CLASSES FOR ALL AGES

For additional information contact:

FELIPA LOPEZ WILMOT

Family Caregiver Program Specialist

Office: (361) 883-3935 ext-5153

email: felipa@cbcogaaa.org

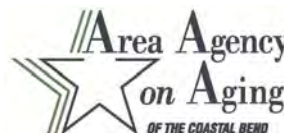
~ OR ~

SALLY EDSILL

NFCSP Administrative Assistant

Office: (361) 883-3935 ext-5156

email: sally@cbcogaaa.org



Facilitations are provided by:
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM
a program of
Texas Health and Human Services



www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

Wednesday, August 1 st	Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona) 10:00 am	Compassion Fatigue with Amy Cunningham <i>In this talk you will learn the how to differentiate between, stress, burnout, and Compassion Fatigue. You will learn to recognize the signs and symptoms of Compassion Fatigue, identify the trajectory, and begin to implement the 5 resilience's needed to assist you in achieving growth.</i>
Thursday, August 9 th	Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona) 8:00 am	Lucy Barylak, MSW as "Dear Lucy" <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by e-mail or phone.</i>
Monday, August 13 th	Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona) 10:00 am	Anxiety and Depression Medication in the Geriatric Population with Rick Rayl, R.Ph <i>What are medications used to treat anxiety and depression in the geriatric population? Learn about how medications affect older adults. Be able to recognize side effects and adverse reactions associated with each class of drugs. What does a caregiver need to know about the relationship between diagnosis and medication treatment? ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Monday, August 20 th	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am	Developing a Care Plan: Know your Future Now with Evalyn Greb, LCSW <i>Evalyn Greb, LCSW will discuss how to properly assess your situation for you and your loved one as it is and help you understand how to prepare for the future care of your loved one. Learn about the importance of having a plan in place in order to avoid crisis situations.</i>
Tuesday, August 28 th	Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am	Dementia: Effective Communication Strategies with Russell Gainer, LCSW <i>We will explain the communication changes that take place throughout the course of the disease, decode the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person, and identify stages to connect and communicate at each stage of the disease. Specific focus will attend to dealing with the strong personality and dementia.</i>



A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free

19th Annual Grandparents and Other Relatives Raising Children Conference

Friday, September 21, 2018

8:00 a.m. - 1:30 p.m.

American Bank Center ~ Watergarden Room

1901 S. Shoreline, Corpus Christi, Texas

Register to attend by calling 361-883-3935 or 1-800-252-9240



Grandparenting Tools & Available Resources Include:

- * Legal Issues
- * School Facts
- * Social Services
- * Special Needs
- * Exhibitors & Informational Booths

***Continental Breakfast & Lunch will be served
Door Prizes & Much More!***

EVENT SPONSORS:

Area Agency on Aging of the Coastal Bend/ Aging & Disability Resource Center, Arms Wide-Post Permanency Services, Brush Country Co-Op, City of Corpus Christi Parks and Recreation Department, 78415 Community Youth Development, Senior Community Services Division, Corpus Christi Independent School District, Driscoll Children's Hospital-Injury Prevention, Mayor's Council on Aging, Methodist Children's Home Family Outreach, Nueces County Community Action Agency Birth-to-Five/Head Start, Texas A&M AgriLife Extension Service, Texas Department of Family & Protective Services-Child Protective Services Division, Texas Health and Human Services Commission, United Way Success by 6

Like us on  www.facebook.com

Annual Grandparents and Other Relatives Raising Children Conference

FREE Virtual Dementia Tour® (VDT)

DATE: Wednesday, August 22, 2018
TIME: 2:00 p.m. – 6:00 p.m.
WHERE: Brookdale (formerly Homewood Residence)
ADDRESS: 6410 Meadow Vista Drive, Corpus Christi

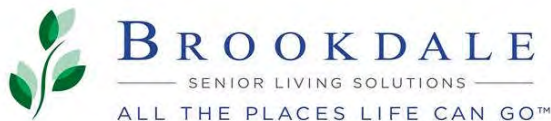
The Area Agency on Aging/Coastal Bend Aging and Disability Resource Center (AAA/ADRC) in partnership with Brookdale will host a Virtual Dementia Tour for the Coastal Bend Community. The Virtual Dementia Tour® (VDT) is a scientifically proven method designed to build sensitivity and awareness in individuals caring for those with dementia. This “dementia simulation tool” was created to guide anyone in understanding the condition. The tour will help both family and professional caregivers to better understand the physical and mental challenges to those who suffer with dementia. In the midst of approximately 35 million Americans aged 65 or older and with more than 5.4 million estimated to endure some form of dementia, it’s time to recognize a disease that will affect the vast majority of baby boomers directly or indirectly.

Call to reserve your **FREE** 30 minute tour time and experience this innovative hands-on training.

**Space is limited; call to register at:
361-985-0555**

The VDT event is a community partnership facilitated by:

- ◆ *FELIPA WILMOT, Family Caregiver Program Specialist
AAA/ADRC*
- ◆ *BROOKDALE Staff will serve as Tour Guides*



Facilitations are also provided by the:

THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

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



For additional information contact:

~ *FELIPA LOPEZ WILMOT* ~
Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-252-9240

email: felipa@cbcogaaa.org

~ OR ~

~ *Sally Edsill* ~

NFCSP Administrative assistant

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-252-9240

email: sally@cbcogaaa.org

*The Area Agency on Aging is funded in part by
Texas Health and Human Services*

Cooking Well with Diabetes

A cooking school designed to help people with diabetes and anyone that prepares food for them



Sessions Include...

Carbohydrate Foods

Recognizing carbohydrate in recipes and using sweeteners effectively

Make Recipes with Fat Better for You

Healthy fats & fat substitutions

Double Pleasure Side Dishes

Reducing sodium and increasing fiber

Celebrating Sensibly

Special event recipes that are healthy and delicious

Cooking Well with Diabetes is a series of four, fun, interactive classes packed with research based information and delicious diabetes friendly recipes.

First United Methodist Church Corpus Christi
900 S. Shoreline Blvd.
Corpus Christi, TX 78401

Classes will be held on Friday
August 3rd, 10th, 17th, and 24th
10:00am-11:30am

To Register Contact Billy Scoggins
RN/Wesley Nurse
(361)884-0391 x326



<http://agriflifeextension.tamu.edu>

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas

Cooperating

PRACTICAL STEPS TO FIGHT ALZHEIMER'S DISEASE: HOW TO LIVE WITH GUSTO

A diagnosis of Alzheimer's disease is life-changing. However, you can take an empowering first step by learning more about the brain, and the changes you may experience. In addition, as a patient or caregiver, it's important to know how to live a meaningful life with the diagnosis, including how to take care of yourself, reduce stress, leave a legacy, and much more.

Additionally, we will review Music & Memory® and how this personalized music program improves the lives of Mirador residents through digital music technology.

Dr Fidel V. Exconde, Jr.

Board Certified Neurologist, American Board of Neurology and Psychiatry

Dr. Exconde will provide a "Brain Tour" giving an overview of the anatomy of the human brain and describing the development and progression of Alzheimer's Disease and other types of dementia.

Gustavo C. Roman, MD

Jack S. Blanton Presidential Distinguished Chair for the Study of Neurological Disease, Houston Methodist Hospital Neurological Institute

Professor of Neurology Cornell University, New York

Dr. Roman will discuss practical steps to fight Alzheimer's Disease and how to maintain control of your life upon diagnosis.



M I R A D O R

EVENT LOCATION

Mirador Retirement Community
5857 Timbergate Drive
Corpus Christi, Texas 78414

EVENT DATE

Wednesday, August 15, 2018

SCHEDULE OF EVENTS

3:30 – 5:30 p.m.: Kendra Scott Pop-Up Shop with 20% of sales benefitting the Alzheimer's Association

5:30 – 7:00 p.m.: Be a part of an interactive lecture featuring Fidel V. Exconde Jr., MD and Gustavo C. Roman, MD as they discuss tips for daily life with Alzheimer's.

RSVP to Jonina Soliz at:
(361) 651-1103

Valet Parking Provided

CARE PROVIDER TRAINING

A facilitation provided by:
The National Family Caregiver Support Program
a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., **AUG. 8, 2018**
TIME: 9:00 a.m. to 5:00 p.m.
WHERE: **AREA AGENCY ON AGING**
ADDRESS: **2910 LEOPARD ST., CORPUS CHRISTI**

!! FREE 8 HOUR TRAINING !!

LEARN TO PROVIDE PERSONAL CARE TO SENIORS AND PERSONS WITH PHYSICAL DISABILITIES TO ENHANCE AND PROMOTE THE "QUALITY OF CARE IN THE HOME".

MODULE TOPICS:



- ◆ Roles & Responsibilities of a Care Provider
- ◆ Assisting with Personal Care
- ◆ How to Help Someone who uses Adaptive Aide(s)
- ◆ Caring for Someone with Early to Mid Stage Alzheimer's
- ◆ Caring for Someone with Mid to Late Stage Alzheimer's
- ◆ Community Resources

* Seating is limited; call to reserve your space * Certificate of completion will be awarded at end of class *

For additional information contact:

~ **FELIPA LOPEZ WILMOT** ~

Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-252-9240

email: felipa@cbcogaaa.org

OR

~ **SALLY EDSILL** ~

NFCSP Administrative Assistant

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-252-9240

email: nfcsp@cbcogaaa.org



*The Area Agency on Aging of the Coastal Bend
is funded in part by the:
Texas Health and Human Services*

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



SAVE THE DATE NOV 01 2018

2018 SAN ANTONIO CAREGIVER SUMMIT: NAVIGATING THE JOURNEY

Family Caregivers and Professionals are invited to join us at this exciting event at no cost:



KEYNOTE SPEAKER - John Leland

Happiness is a choice you make: Lessons from a year among the oldest old



John Leland is a Metro reporter for The New York Times and author of *Happiness is a Choice You Make: Lessons from a year among the oldest old*. Before joining The Times, Mr. Leland was a senior editor at Newsweek.

Thursday, November 1, 2018
8:30am - 2:00pm

Whitley Theological Center
Oblate School of Theology
285 Oblate Dr., San Antonio TX 78216

ALSO SPEAKING



Dr. Sharon Lewis

Recognized Caregiver Expert and Creator of the Stress-Busting Program.

PLUS

Panel of Local Caregiving Experts to Answer Your Questions

Respite Care is available
(20 Spots Available)

There is no cost for this event
but registration is required

Social Worker CEU's and
Nursing CNE's are available

Complimentary Flu Shots
at the event



REGISTER

Online: CaregiverSOS.org
Call: 866-390-6491

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies for managing concerns about falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone 60 years and older who have concerns about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

YWCA
is Hosting
"A MATTER OF BALANCE"

August 6th - August 29th
Mondays and Wednesdays

1:30 p.m. - 3:30 p.m.

4601 Corona Dr, Corpus Christi, TX
78411

For Additional Information Contact:

Sylvanna Gonzalez
(361) 883-3935 ext - 5027
sylvanna@cbcoogaaa.org

**THIS FREE EDUCATIONAL PROGRAM IS
BROUGHT TO YOU IN PARTNERSHIP WITH:**



CLASSES ARE FREE!

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).