

# LIVING WITH DEMENTIA

A three-part virtual education series for both individuals living with dementia in addition to a care partner or a friend.

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? In this three-part program, you will hear from others who have been where you are.

You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

**Tuesday, October 12 at 1:30 PM**

Register - [bit.ly/LWDOCT12](https://bit.ly/LWDOCT12)

**Tuesday, October 19 at 1:30 PM**

Register - [bit.ly/LWDOCT19](https://bit.ly/LWDOCT19)

**Tuesday, October 26 at 1:30 PM**

Register - [bit.ly/LWDOCT26](https://bit.ly/LWDOCT26)

For more information or to register by phone, call 800-272-3900.



**SAVE  
THE  
DATE!**

**NOV 4  
2021**

# 2021 Virtual Caregiver Summit: Caregiving through hope, humor and peace

Sponsored By: WellMed Charitable Foundation and  
Area Agencies on Aging



**Loretta Woodward Veney**  
Author of *Refreshment for the  
Caregiver's Spirit*



**Donna Cardillo, RN, CSP, FAAN**  
Author of *Falling Together: How to Find  
Balance, Joy, and Meaningful Change  
When Your Life Seems to be Falling Apart*

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

- ▶ Thursday, November 4, 2021
- ▶ 10:00 am - 1:00 pm CT
- ▶ Accessible using smart device  
(phone, computer, tablet ) or telephone only
- ▶ CEU's available
- ▶ Registration: **(866) 390-6491** or [CLICK HERE](#)

Virtual Caregiver Summit in Spanish November 12, 2021. For Assistance Call: 866-390-6491

**CAREGIVER SOS**



**WELLMED**  
CHARITABLE FOUNDATION



alzheimer's  association®

# YOUR MIND MATTERS

EDUCATION SERIES

## **No one should face Alzheimer's alone.**

Join us to learn about the signs, symptoms, causes and treatment of Alzheimer's disease. Learn also about current research and actions you can take now. Programs are accessible by phone, smartphone, tablet or computer.

**Tuesdays in October at 1:00 PM CT**

### **Healthy Living for Your Brain & Body: Tips from the Latest Research**

Tuesday, October 5 | [bit.ly/HLBBOCT05](https://bit.ly/HLBBOCT05)

### **10 Warning Signs of Alzheimer's**

Tuesday, October 12 | [bit.ly/10WSOCT12](https://bit.ly/10WSOCT12)

### **Understanding Alzheimer's & Dementia**

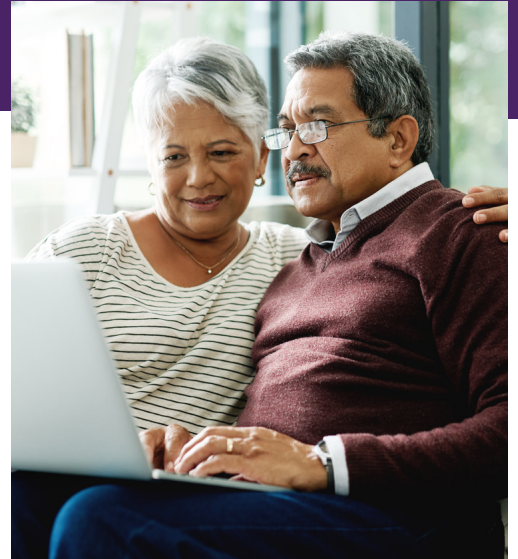
Tuesday, October 19 | [bit.ly/UADOCT19](https://bit.ly/UADOCT19)

### **Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**

Tuesday, October 26 | [bit.ly/DCOCT26](https://bit.ly/DCOCT26)

To register for the entire series, visit  
[bit.ly/MINDMATTERSOCT](https://bit.ly/MINDMATTERSOCT)

For more information or to register by phone, call 800-272-3900.



**WALK TO  
END  
ALZHEIMER'S**

alzheimer's association®



**JOIN US  
Holiday Craft Show**

**October 9, 2021  
9:00am - 2:00pm**

**Arlington Heights Church of Christ  
2722 Rand Morgan Road  
Corpus Christi Texas**

**Cash/ Check**

**We will be accepting donations  
all proceeds benefit**



**Walk to End Alzheimer's & Face  
to Face Walk For Memory.**

# ONLINE CARE PROVIDER TRAINING

**\*\*SAVE-THE-DATE\*\***

A facilitation provided by:

**The National Family Caregiver Support  
Program** A Program of the:



**WHEN: WED, NOV. 17, 2021  
TIME: 1:00 P.M. TO 4:00 P.M.  
WHERE: 2910 LEOPARD ST.**

**PLEASE CALL TO REGISTER!  
(CONTACT INFORMATION PROVIDED BELOW)**

## **!! FREE 3 HOUR TRAINING!!**

ENHANCE AND PROMOTE THE “QUALITY OF CARE IN THE HOME”  
TO PERSONS LIVING WITH ALZHEIMER’S AND RELATED DEMENTIAS

**\*\*Certification of Completion will be Awarded at End of Two Sessions\*\***



### **MODULE TOPICS:**

- The Attitudes & Process of Aging
- Caring for Someone with Early to Mid-Stage Alzheimer’s
- Virtual Dementia Tour
- Community Resources



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](mailto:felipa@cbcogaaa.org)



In Partnership with Superior Health Plan



**superior  
healthplan**<sup>™</sup>

# 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 has 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

In order to promote safe practices, MOB has now transitioned into

**MOB-V.**

Participants must attend via **WEB.**

**If you are interested in registering or have questions please call.**

For Additional Information Contact:

Griselda Ramos

(361) 883-3935 Ext - 5027

**Griselda@cbcogaaa.org**

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



**TEXAS**  
Health and Human  
Services



# **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).



# FACE TO FACE

## 14TH ANNUAL WALK FOR MEMORY

### VIRTUAL & IN-PERSON HYBRID EVENT

HELPING PEOPLE LIVE WITH ALZHEIMER'S

**Saturday, November 6, 2021**

Water's Edge 402 S. Shoreline Boulevard, Corpus Christi, Texas 78401

9:00 AM Opening Ceremonies, Sponsor Recognition & Resource Fair

9:30 AM Awards & Recognition • 9:45 AM Warm-up and Zumba

10:00 AM Walk Begins • 10:30 AM Food and Prizes • 10:45 The Doctor is in (Zoom)

**Raising Awareness of Alzheimer's and Other Related Dementia and Raising Funds for Education, Resources and Respite to support Family Caregivers**



#### EVENT HIGHLIGHTS

- 2-mile Awareness Walk While Adhering to Social Distancing Guidelines
- "The Doctor Is In" via Zoom, Nestor H. Praderio, MD
- Raffle
- Food & Door Prizes

#### PARTICIPATION

- Individual, Family Team Captain, Corporate Team Captain or Team Member
- T-Shirt & Swag Bag with \$25 Donation
- Set your Fundraising Goal and Begin Your Campaign on Facebook

#### AWARDS

- Top Individual, Team and Corporate Team
- Youngest / Oldest Walker, Best Unique Outfit
- Most Spirited Team, School Spirit



A community event "Keeping it local" Where 100% of proceeds remain in the Coastal Bend

Sponsors, Team Captains, Individual Participants

Call: 361-826-2343 to RSVP

Registration Online: [www.TexasFacetoFace.com](http://www.TexasFacetoFace.com)

Email Elsa Muñoz: [events@TexasFacetoFace.com](mailto:events@TexasFacetoFace.com)

Follow: [www.Facebook.com/TexasFacetoFace](http://www.Facebook.com/TexasFacetoFace)