

APRIL 2017 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, APRIL 4TH

TIME: 6:00 p.m.

WHERE: Y.W.C.A.

ADDR.: 4601 Corona Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: TUESDAY, APRIL 11TH

TIME: 6:00 p.m.

WHERE: Wooldridge Nursing & Rehab Center

ADDR.: 600 So. Hillside Dr., Beeville

PHONE: (361) 358-8880

WHEN: WEDNESDAY, APRIL 12TH

TIME: 12:00 p.m.

WHERE: Lindale Center/Caregiver SOS

ADDR.: 3133 Swantner St., Corpus Christi

PHONE: (361) 826-2343

WHEN: THURSDAY, APRIL 13TH

TIME: 3:00 p.m.

WHERE: Mirador Plaza (back side of facility)

ADDR.: 5857 Timbergate Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: TUESDAY, APRIL 18TH

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: TUESDAY, APRIL 18TH

TIME: 3:00 p.m.

WHERE: SCC River Ridge Nursing Rehab Center

ADDR.: 3922 West River Dr. Off 624m Corp. Christi

PHONE: (361) 767-2000

WHEN: TUESDAY, APRIL 19TH

TIME: 3:00 p.m.

WHERE: Alice Public Library

ADDR.: 401 E. Third Street, Alice

PHONE: (361) 883-3935

WHEN: THURSDAY, APRIL 20TH

TIME: 10:30 a.m.

WHERE: Lexington Place Nursing & Rehab

ADDR.: 1661 West Yoakum, Aransas Pass

PHONE: (361) 758-7686

WHEN: THURSDAY, APRIL 27TH

TIME: 4:30 p.m.

WHERE: Kleberg County Nursing & Rehab.

ADDR.: 316 General Cavazos Blvd., Kingsville

PHONE: (361) 883-3935

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

WHEN: TUESDAY, APRIL 25TH

TIME: 10:00 — 11:00 a.m.

WHERE: Ben F. McDonald Library

ADDR: 4044 Greenwood Drive, Corpus Christi

PHONE: (361) 883-3935

WHAT: (*) EVENING SUPPORT GROUP

WHEN: Thursday, April 27TH

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

email: felipa@cbcogaaa.org

~ OR ~

SALLY EDSILL

NFCSP Administrative Assistant

Office: (361) 883-3935 ext - 5156

email: NFCSP@cbcogaaa.org



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



TELECONNECTION

www.caregiverteleconnection.org



Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Thursday, April 6th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Compassion Fatigue with Sharon Lewis, RN, PhD <i>Dr. Sharon Lewis has been many years researching caregiver stress, and is the developer of the Stress-Busting Program for Family Caregivers. Listen as Dr. Lewis discusses compassion fatigue, which is a unique form of burnout that affects persons in professional caregiving roles. Dr. Lewis will share insights on strategies to prevent compassion fatigue.</i>
Monday, April 10th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	What We Never Want to Talk About: The Realities of End of Life with Zanda Hilger, LPC <i>In the final stages of many terminal illnesses, care priorities tend to shift. Instead of ongoing curative measures, the focus often changes to palliative care for the relief of pain, symptoms, and emotional stress. Learn how caregivers plan prepare for their own and a loved one's loss and grief and practical end of life planning needs to happen. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Wednesday, April 19th	12:00 pm Eastern 11:00 am Central 10:00 pm Mountain 9:00 pm Pacific	Developing An Attitude of Gratitude - A Self-Awareness Session with Cynthia Hazel, M.A. <i>Did you know that your mindset and attitude have a direct impact on your health and well being? Researchers have found that practicing gratitude can have a positive effect on your brain and overall health, important for family caregivers and others. In this session, you will learn how to start on your path to thankfulness.</i>
Wednesday, April 26th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Living Guilt Free with Lucy Barylak, MSW <i>Lucy Barylak, MSW, is a Social Gerontology Consultant, with West-Central Montreal Health in Montreal, Canada. Lucy is a renowned expert in caregiving having won the Queen's Jubilee Award twice, presented by the Canadian Homecare Association. In this session, Lucy will focus on the struggle between being your "ideal self" and what is realistic for you to accomplish on a day-to-day basis. You will hear other caregivers in the session talk about their own successful strategies to cope with these feelings.</i>



WELLMED CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

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

Registration required at least 24 hours in advance

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 beginning Tuesday April 18th, 2017

*"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:

361-826-2343

www.caregiverstressbusters.org

D-SBP19



CHANGING
THE PERCEPTION OF
AGING



VIRTUAL DEMENTIA TOUR®

YOUR WINDOW INTO THEIR WORLD *"Until There's A Cure, Take the Tour"*

Del Mar College, Department of Nurse Education Nursing Students Walk You Through This Dementia Simulation Experience

The **Virtual Dementia Tour**® is an individual experience through simulated dementia created for professional and family caregivers seeking to better understand the physical and mental challenges of those with dementia. You need an appointment to take the tour—the tour takes about 30 minutes from beginning to end.

After experiencing this sensory experience you will have a greater understanding of the realities of living with dementia. The Virtual Dementia Tour improves communication and care by raising awareness. Create a positive environment for those with dementia after attempting to walk in their shoes.

Tuesday, April 25, 2017

East Campus Harvin Center 9:00 - 11:00 A.M.

East Campus Harvin Center 2:00 - 4:00 P.M.

West Campus Health Science Bldg. 1 Room 113 5:30 - 7:30 P.M.

Register online at www.SecondWind.org

<http://www.secondwind.org/virtual-dementia-tour/virtual-dementia-tour-events/?p=3> or call 361-883-3935

SEATING IS LIMITED, SO REGISTER EARLY FOR THE 30 MINUTE TOUR

**The Virtual Dementia Tour was created by Atlanta-based Second Wind Dreams®, a national non-profit organization founded by Virtual Dementia Tour author, P.K. Beville, M.S. in 1997 to fulfill dreams for those living in elder care communities and to research ways to improve their quality of life. All donations from tours are given to Second Wind Dreams to continue funding their elder dreams program*.*

Call 361-883-3935 for more information.

Sponsored by:



CARE PROVIDER TRAINING

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



~ **SAVE-THE-DATE** ~

WHEN: WED., May 10, 2017
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:*



Adult Protective Services Division

In Partnership with

Silver Advocate Partners

PRESENTS

Abuse of the Elderly & Disabled: “It’s Everyone’s Business”

11th Annual Training Symposium for Service Providers of the Aged & Disabled

2017

Thursday, May 18, 2017

8:30 am – 4:30 pm

Breakfast & Lunch Provided

First United Methodist Church

900 S. Shoreline, Corpus Christi, TX

A Training for Social Workers, First Responders, Home Health personnel, all Service Providers that interact with elderly and disabled adults.



For Registration Information Contact: Jennifer Catalani at (361) 808-6322

CEUs Available

(For SW, LPC, LCDC)

Courtesy of Bayview Behavioral Hospital