

JUNE 2017 EVENTS

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

~ Family Caregiver Support Groups ~

ALZHEIMER'S & GENERAL SUPPORT GROUPS

WHEN: TUESDAY, JUNE 6TH

TIME: 6:00 p.m.

WHERE: Y.W.C.A.

ADDR.: 4601 Corona Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: THURSDAY, JUNE 8TH

TIME: 3:00 p.m.

WHERE: Mirador Plaza (back side of facility)

ADDR.: 5857 Timbergate Drive, Corpus Christi

PHONE: (361) 883-3935

WHEN: TUESDAY, JUNE 13TH

TIME: 6:00 p.m.

WHERE: Woodridge Nursing & Rehab Center

ADDR.: 600 So. Hillside Dr., Beeville

PHONE: (361) 358-8880

WHEN: WEDNESDAY, JUNE 14TH

TIME: 12:00 p.m.

WHERE: Lindale Center/Caregiver SOS

ADDR.: 3133 Swantner St., Corpus Christi

PHONE: (361) 826-2343

WHEN: THURSDAY, JUNE 15TH

TIME: 10:30 a.m.

WHERE: Lexington Place Nursing & Rehab

ADDR.: 1661 West Yoakum, Aransas Pass

PHONE: (361) 758-7686

WHEN: TUESDAY, JUNE 20TH

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, JUNE 20TH

TIME: 3:00 p.m.

WHERE: SCC River Ridge Nursing Rehab Center

ADDR.: 3922 West River Dr. (Off FM 624) Corpus Christi

PHONE: (361) 767-2000

WHEN: THURSDAY, JUNE 22ND

TIME: 4:30 p.m.

WHERE: Kleberg County Nursing & Rehab.

ADDR.: 316 General Cavazos Blvd., Kingsville

PHONE: (361) 883-3935

WHEN: TUESDAY, JUNE 27th (NEW TIME AND DAY)

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, JUNE 27TH

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, June 29th

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: 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
Wednesday, June 7th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Planning a Summer Vacation? Travel Tips for Caregivers with Evalyn Greb, LCSW <i>Making travel plans are especially difficult for caregivers. If you're planning on taking your loved one with you, how do you make sure that you have everything needed? If you're leaving your loved one with a family member or respite situation, what must you prepare in advance? Evalyn Greb, LCSW, will share how to make the most of an enjoyable vacation!</i>
Monday, June 12th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Communicating & Partnering with Health Care Providers with Zanda Hilger, LPC <i>Effective communication with health care providers is extremely important in getting the best medical care you can for family members. Learn more about planning for physician visits to improve health. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Wednesday, June 21st	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Anticipatory Grief for Dementia Caregivers with Laura Wayman <i>Anticipatory grief is the emotional pain of losing a loved one felt in advance of the person's actual passing. Anticipatory grief is normal and perhaps inevitable among Alzheimer's/dementia caregivers because of the progressive and incurable nature of the disease. Ms. Wayman will be covering ways to recognize and manage the challenges of anticipatory grief.</i>
Monday, June 26th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Brain Savers with Dr. Paul Bendheim <i>How do we preserve brain health as we age? When it comes to our brains, research shows we must "use it or lose it". Dr. Paul Bendheim is a board-certified neurologist, clinical professor of neurology at the University of Arizona College of Medicine – Phoenix, and founder of the BrainSavers program. He will share strategies for a fun-filled lifestyle that exercises and strengthens your brain as well as your body. He will explain how you can reduce the impact of age-associated memory loss ("senior moments") and the risk of developing Alzheimer's disease by incorporating a few basic practices into your daily life.</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

FREE 12 Hour Class

SCHMIEDING DEMENTIA TRAINING

(*) CLASSES: Friday, June 9th
Friday, June 16th
Friday, June 23rd

(*) classes are 4 hour sessions

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

WHERE: Del Mar College Center
for Economic Development
Room 141
3209 S. Staples(across
Ray High School)

(*) Pre-Register by Monday, June 5th

- ◆ *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*

*The Schmieding Dementia Training Classes
is a community partnership provided by:*



*For additional information contact:
~ FELIPA LOPEZ WILMOT ~
Family Caregiver Program Specialist*

Office: (361) 883-3935 ext - 5153
Toll Free: 1-800-817-5743
e-mail: felipa@cbcogaaa.org

Facilitations are also provided by the:
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

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



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

FREE Virtual Dementia Tour[®]



Join us for a better understanding of Dementia through our Dementia Tour and honor those that suffer from this disease by celebrating The Longest Day with us on

Wednesday, June 21st

1:00pm-4:00pm

Appetizers and refreshments provided

The Plaza at Mirador
5857 Timbergate Drive
Corpus Christi, TX 78414



**Space is Limited. To register, call
Vanessa Hancock (361)651-1115**

The Area Agency on Aging of the Coastal Bend and Disability Resource Center in partnership with The Plaza at Mirador has scheduled a FREE Virtual Dementia Tour for the 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 families and professional caregivers to better understand the physical and mental challenges facing those who suffer from dementia.

Call to reserve your time for this innovative hands-on dementia experience.

**A SILENT AUCTION WITH PROCEEDS BENEFITING THE ALZHEIMER'S ASSOCIATION
WILL TAKE PLACE DURING THE EVENT, FROM 1:00PM-4:00PM**



For additional information contact Felipa Lopez Wilmot, Family Caregiver Program Specialist
Office: (361) 883-3935 ext.5153 • Toll Free: 1-800-817-5743 • e-mail: felipa@cbcogaaa.org

CARE PROVIDER TRAINING

A facilitation provided by:

The National Family Caregiver Support Program

a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., July 26, 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:*

