

NOVEMBER 2016 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, NOVEMBER 1ST
TIME: 6:00 p.m.
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: TUESDAY, NOVEMBER 8TH
TIME: 6:00 p.m.
WHERE: Wooldridge Nursing & Rehab Center
ADDR.: 600 So. Hillside Dr., Beeville
PHONE: (361) 358-8880

WHEN: THURSDAY, NOVEMBER 10TH
TIME: 3:00 p.m.
WHERE: Mirador
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: TUESDAY, NOVEMBER 15TH
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: WEDNESDAY, NOVEMBER 16TH
TIME: 3:00 p.m.
WHERE: Alice Public Library
ADDR.: 401 E. Third Street, Alice
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: THURSDAY, NOVEMBER 17TH
TIME: 10:30 a.m.
WHERE: Lexington Place Nursing & Rehab
ADDR.: 1661 West Yoakum, Aransas Pass
PHONE: (361) 758-7686

WHEN: MONDAY, NOVEMBER 21ST
TIME: 12:00 p.m.
WHERE: Lindale Center/ Caregiver SOS
ADDR.: 3133 Swantner St., Corpus Christi
PHONE: (361) 826-2343

WHEN: CANCELLED DUE TO HOLIDAY
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935 or 1-800-817-5743

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

WHEN: TUESDAY, NOVEMBER 22ND
TIME: 10:00 a.m. — 11:00 a.m.
WHERE: Greenwood Senior Center
ADDR.: 4040 Greenwood Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHAT: (*) EVENING SUPPORT GROUP
WHEN: Thursday November 17th
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

Toll Free: 1-800-817-5743

email: felipa@cbcogaaa.org

~ OR ~

MONZERATT SILGERO

NFCSP (Interim) Administrative Assistant

Office: (361) 883-3935 ext - 5156

Toll Free: 1-800-817-5743

email: NFCSP@cbcogaaa.org

Facilitations are provided by:
 THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM
 a program of the:



SCHMIEDING METHOD PHYSICAL SKILLS TRAINING CLASSES

~ FREE 12 hour class ~

CLASS DATES (each session is 4 hours):

FRIDAY, NOVEMBER 04th

FRIDAY, NOVEMBER 11th

FRIDAY, NOVEMBER 18th

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

WHERE: Del Mar College
 Health Science Building
 Room #1-115
 4101 Old Brownsville Road
 Corpus Christi, Texas

(*) COURSE CONTENT INCLUDES:

- ◆ Information on Infection Control
- ◆ Skin Control
- ◆ Incontinence Management
- ◆ Nutrition
- ◆ Body Mechanics
- ◆ Mobility
- ◆ Caregiver Stress
- ◆ Safety
- ◆ Activities of Daily Living
- ◆ Transferring
- ◆ Wheelchair Use

(*) SEE BACK PAGE FOR MORE DETAILS

MUST PRE-REGISTER BY NOV. 1st

Call to reserve your space:

(361) 883-3935

or 1-800-817-5743

The Schmieding Method Physical Skills Training Classes is a community partnership provided by:



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



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

Alzheimer & Related Dementias Conference

You are cordially invited to come hear from the experts in this field to find out how to identify and assist persons who may be experiencing the symptoms of Alzheimer's or Dementia.

- ◆ Dementia Conversations—Alzheimer's Association
- ◆ Caregiver Resources & Respite—Felipa Wilmot, Area Agency on Aging

Information Booths on site with resources for the elderly and their families.

Snacks & Drinks available

November 10, 2016,

10 a.m.—1 p.m.

Mary Dinn Reynolds Hall, Alice First United Methodist Church

111 N. Adams, Alice, TX 78332 (Education Bldg.)

RSVP to : felipa@cbcogaaa.org

361.883.3935

* Vendors—Limited number of spaces—contact Felipa Wilmot for availability.

FREE

caregiver
 TELECONNECTION

www.caregiverteleconnection.org

Free Telephone Learning Sessions

Call. Learn. Share.

| Date | Time | Topic |
|-------------------------|---|--|
| Monday, November 14th | 12:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific | Managing Conflict: Using Techniques of "Aikido" Style with Andy B. Crocker, M.S. Learn about the power of communication using skills designed to help caregivers break out of habitual reactions to threatening, emotional, or stressful reactions. Using techniques called "Aikido," work with the other person's energy to reduce the conflict. This topic generated a lot of excitement at a caregiver conference in north Texas. Sponsored by the North Central Texas Caregiver Teleconnection |
| Tuesday, November 29th | 12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific | Dealing with the Danger of Depression with Evalyn Greb, LCSW Listen to Evalyn Greb, LCSW, discuss the danger of depression. Depression is common among family caregivers, and must be recognized and addressed. Evalyn will give important tips and techniques for helping with the condition. |
| Wednesday, December 7th | 3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific | Back to the Future of Aging with Carol Zernial, MA For the past 30 years, professionals who work with the elderly and with caregivers have been preparing for the aging of the baby boomers, the 74 million people who are now turning 65 at a rate of 10,000 every day. It's time to go back to that future of aging and see if we are indeed ready? And what is we get that over the past 30 years? What do we need to rethink? What did is new that we need to consider? |
| Monday, December 12th | 1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific | Managing the Holidays: Caregiving, Family, & Celebrations with Zanda Hilger, LPC Join in an open discussion about what you look forward to during the holidays and what are the challenges. Learn from and share the experiences of other caregivers. Sponsored by the North Central Texas Caregiver Teleconnection |

From our family to yours...
 Happy Holidays and a Happy new Year!!!

A program of the WellMed Charitable Foundation

10th
 ANNIVERSARY

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

Registration required at least 24 hours in advance

WELLMED
 CHARITABLE FOUNDATION