



**CAREGIVER
TELECONNECTION**



www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

Wednesday, September 5th Eastern 12:00 pm
Central 11:00 am
Mountain 10:00 am
Pacific (Arizona) 9:00 am
Living Alone with Dementia with Mike Splaine *Likely as many as 20% of persons with Alzheimer's and other dementia in the US live alone—over 1 million. Splaine Consulting recently held three regional conferences and learned a lot about what these persons lives are like and some solutions that are coming on line to make their lives better. With a community that assumes a lot of PWD have a caregiver in place this conversation promise to be a real eye opener on issues ranging from ethical to practical!*

Monday, September 10th Eastern 2:00 pm
Central 1:00 pm
Mountain 12:00 pm
Pacific (Arizona) 11:00 am
Finding Common Ground: Aikido Communication with Andy Crocker *Learn about Aikido communication: Align, agree, redirect, and resolve. With Aikido, one listens for areas of agreement or common ground and uses "I" messages, which are particularly effective when emotions run high. **Sponsored by the North Central Texas Caregiver Teleconnection*

Thursday, September 13th Eastern 11:00 am
Central 10:00 am
Mountain 9:00 am
Pacific (Arizona) 8:00 am
Lucy Barylak, MSW as "Dear Lucy" *Lucy Barylak, MSW as "Dear Lucy". This is an interactive session where Dear Lucy will answer questions and have a conversation with caregivers regarding the issues they face in their caregiving journey. You may ask your question during the call or you can submit your questions or comments by email or phone.*

Tuesday, September 18th Eastern 2:00 pm
Central 1:00 pm
Mountain 12:00 pm
Pacific (Arizona) 11:00 am
Mouth Health/ Body Health with Sarah J Dirks, DDS *There is increasing scientific evidence for linking oral disease with overall health. Learn what is considered "normal" aging of the mouth, versus a disease state as well as the importance of health promotion and disease prevention, rather than the traditional dental model of "drill and fill". Dr. Dirks presents an informational and practical framework so that older adults and caregivers to older adults can become better equipped to positively impact overall health.*

Thursday, September 27th Eastern 12:00 pm
Central 11:00 am
Mountain 10:00 am
Pacific (Arizona) 9:00 am
Hospice Care with Dr. Heather Veeder, VITAS Healthcare *If you were in control of your last months of life, what would you want? What would you want to accomplish? Who would you want to see? When life-prolonging interventions are no longer helpful or desired, hospice can offer support to meet your goals and spend your time focusing on what is important to you. Dr. Veeder will provide the basics of hospice care, dispel myths surrounding hospice, and answer questions you may have about hospice.*



A program of the WellMed Charitable Foundation

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