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Date Time Topic A LEADING VOICE FOR CAREGIVERS

Monday, December 3rd Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific 10:00 am **Caregiving and the Holidays with Melissa Griffin** *Explore the unique challenges of caregiving and the holidays. What traditions may need to change? Learn tips to cope with the stress of balancing caregiving and self-care. ****Sponsored by the North Central Texas Caregiver Teleconnection***

Tuesday, December 4th Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific 10:00 am **Home Safety with Lakelyn Hogan** *If you're worried about the safety of your aging loved one who is living at home, it could be for good reason. Home safety issues and falls are among the leading causes of injury at home. There are common hazards and warning signs that family members can look out for. The good news is, simple modifications can go a long way in reducing the risk of accidents and can create a more age friendly environment.*

Thursday, December 13th Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific 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.*

Tuesday, December 18th Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific 9:00 am **Music and Memory with Candice Slusher, LVN** *The life of a family caregiver seems almost unbearable, and many times the health of the caregiver suffers greatly, to the detriment of the care recipient. But what if there was a magic trick that could not only ease the burden of the caregiver, but also improve the quality of life for the person with dementia? Personalized Music Programming isn't magic. It's science! Extensive neuroscience research has shown our brains are hard-wired to connect music with long-term memory. Candyce Slusher will explain how to use this program, why it works, and discuss various ways using beloved music can enhance your life as a caregiver.*

Happy Holidays and a Happy New Year!!!



A program of the WellMed Charitable Foundation

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