



**Date Time Topic A LEADING VOICE FOR CAREGIVERS**

**Tuesday, January 8th** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific

**La fatiga de las personas que cuidan de otras y la importancia de cuidarse a sí mismo con el Dr. Néstor H. Praderio** *El Dr. Néstor H. Praderio hablará sobre la fatiga de las personas que cuidan de otras y la importancia de cuidarse a sí mismo. El doctor también dedicará especial atención a desarrollar habilidades de sobrellevar básicas que le ayuden a aliviar el estrés y mantener una relación positiva con su ser querido.*

*Nestor H. Praderio, MD will review caregiver fatigue and the importance of "caring for yourself". He will outline basic coping skills to help ease your stress and maintain a positive relationship with your loved one.*

**Thursday, January 10th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific

**Developing An Attitude of Gratitude - A Self-Awareness Session with Cynthia Hazel, M.A.** *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.*

**Tuesday, January 15th** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific

**The Pride of Caring: Issues for LGBT Caregivers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW** *Nationally, greater attention is being paid to the concerns facing caregivers. While many issues are the same for all adults and those who care for someone, some unique considerations arise for lesbian, gay, bisexual, and transgender (LGBT) people dealing with their caregiving roles. This session will discuss some of these issues, and will provide an open forum and safe space for asking questions and discussing concerns.*

**Tuesday, January 22nd** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific

**Share the Care™ with Sheila Warnock** *Aging. Illness. Disability. Everyone, at some point in life, will be touched by the need to be a family caregiver. Shelia Warnock, Founder and President of Share the Care™ will talk about a unique approach to caregiving to ease the burden on one person by forming groups of caregivers and coordinating delivery of services.*

**Monday, January 28th** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific

**Financial Planning for Older Adults with Tena Burrell** *Learn about essential financial decisions older adults must make. What do they need to know to lower risk but have money to help them stay independent. How can family caregivers help loved ones make informed decisions?*  
**\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\***

**Wednesday, January 30th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific

**Caregiver Burnout with Dr. James Huysman, PsyD, LCSW** *A caregiver's self-care is just as important as the care provided to another. When we don't take care of ourselves, we diminish our quality of life. Burnout, depression, and compassion fatigue are the result of ignoring our own needs and wants. In this session, Dr. Jamie will identify the red flags and feelings to watch for, specify action steps for continued self-care, and empower you to create your own plan to Take Your Oxygen First!*

