



Date

Time

Topic

A LEADING VOICE FOR CAREGIVERS

Tuesday, September 3rd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Nine Dementias and Five Questions to Understanding Dementias, Falls and UTIs with Tam Cummings, PhD. <i>Knowing about the nine most common forms of dementia allows families to talk to a doctor in order to get a specific diagnosis. Tam will answer talk about the symptoms of the most common dementias, and answer questions such as: Why does my loved one fall? Why are UTIs present? How does guilt play a role in caregiving? **Sponsored by VITAS Healthcare**</i>
Thursday, September 5th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	The Pride of Caring: Issues for the LGBT Caregivers with Elliot Montgomery Sklar and Lucy Barylak, MSW <i>While many issues are the same for 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.</i>
Monday, September 9th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	On Becoming a Fearless Caregiver with Gary Barg <i>Learn how to create an internal climate in your mind and body that makes being a caregiver healthier for you. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Tuesday, September 10th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	A Prescription for Caregivers: Rest, Reflect and Recharge with Nestor H. Praderio <i>Feelings of frustration, guilt, anger, grief/loss, crying and sadness are just a few of the real and raw emotions we experience as a Caregiver. Caregivers often become overwhelmed and isolated in their 24/7 care of a loved one. Nestor H. Praderio, M.D. will lead a discussion on the importance of self care and prioritizing your own mental, physical and emotional health.</i>
Thursday, September 12th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy with Lucy Barylak, MSW <i>This month she will discuss how to handle difficult behaviors when dealing with a loved one living with dementia. 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. **Continuation from August 15th**</i>
Tuesday, September 17th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Simplify Self-Care through Music with Janna Cantu <i>Join Janna Cantu, MT-BC, CFSS as she discusses how she sets "self-care to music to so that your brain outsmarts trauma while your body simply listens"! Her beautiful, evidence-based musical interventions teach your mind and body how to turn on the relaxation response (rest and digest mode) and turn off the stress response (fight or flight mode).</i>
Monday, September 23rd	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Recognizing and managing the signs of caregiver stress with Brownen Zilmer <i>Alzheimer's caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you. Learn more about recognizing signs of stress, and tips to avoid burnout.</i>
Thursday, September 26th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Cuerpo y cerebro sano es vida sana: consejos de las últimas investigaciones con Nelly Garcia <i>Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable.</i>