



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
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Tuesday, September 1	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Gain Tips on Loving Yourself w/ Cynthia Hazel, MA	<i>Love is a challenging concept for most of us. We are taught from birth to love others, but relational love can be difficult. If we do not understand how to meet our own needs, how can we be there for our charges? We will explore loving and accepting ourselves as a tool for emotional completeness. Discussions and exercises are included.</i>
Thursday, September 3	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Both of my Parents were Diagnosed with COVID-19 with Lucy Barylak, MSW	<i>The session will focus on the fears and difficulties that the caregiver faced .As well as how she managed to be there for her parents at a distance.</i>
Tuesday, September 8	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	The Emotional Impact of COVID-19 in Long Term Care with Dr. Nestor Praderio	<i>The uncertainty of the pandemic and how we live with it remains a focal point in our society. It has created unprecedented mental, and emotional stress in our lives. The chaos is significantly compounded for those living in Long Term Care. Dr. Praderio will lead a Question and Answer session to discuss the confusion, fear, anxiety, isolation and other emotions our loved ones may be experiencing.</i>
Monday, September 14	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	COVID and Facilities, Resources, Medicare Open Enrollment & Education, Dealing with Isolation with Laura Wolfe, PhD	<i>Learn about many timely issues that affect family caregivers and older adults, including, COVID concerns about choosing facilities, medical care concerns, dealing with loved ones isolation and loneliness, Medicare open enrollment data, and finding resources.</i> ***Sponsored by North Central Texas Caregiver Teleconnection***
Tuesday, September 15	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Dementia Dialogs: Caregiver Stress Relief, Self-compassion, and compassion Fatigue with Tam Cummings, PhD	<i>This session will cover a variety of stress relief techniques for family caregivers and include a written self-test for caregivers to use to measure their stress levels, their self compassion and their compassion fatigue.</i> **Sponsored by VITAS Healthcare**
Tuesday, September 29	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Aprende a identificar las 10 señales con Alejandra Scott	<i>Si usted o algún conocido está experimentando pérdida de memoria o cambios de comportamiento, es hora de que conozca la verdad. Detectar la enfermedad de Alzheimer temprano le dará la oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro.</i>
Wednesday, September 30	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	How to Protect the Marriage Bond When Caring for a Spouse with Bary Jacobs, PsyD	<i>When illness or disability affect one spouse and the other becomes a spousal caregiver, their marriage often suffers. How can spousal caregivers keep love alive in what otherwise now feels like relationships of sadness and drudgery? Barry J. Jacobs, Psy.D, a clinical psychologist and co-author of AARP Meditations for Caregivers, will present ideas for restoring joy and mutual caring.</i>



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Wednesday, Sept. 9	11:00 am Eastern	COVID-19 and Caregiving with Elliot Montgomery Sklar and Lucy Barylak, MSW <i>Join us as we discuss evolving new information about the coronavirus and how to make well-informed decisions. We'll also be discussing coping strategies and tactics for caring for ourselves and our loved ones during this ongoing pandemic.</i>
Wednesday, Sept. 23	10:00 am Central	
	9:00 am Mountain	
	8:00 am Pacific	

Dear Lucy with Lucy Barylak, MSW Series

Thursday, Sept. 10	11:00 am Eastern	Dementia and Inappropriate Sexual Behavior with Lucy Barylak, MSW <i>Join "Dear Lucy" Lucy Barylak, MSW for this series where she will discuss how to deal with difficult behaviors of people with dementia.</i>
	10:00 am Central	
	9:00 am Mountain	
	8:00 am Pacific	

Thursday, Sept. 17	11:00 am Eastern	Dementia and Delirium with Lucy Barylak, MSW <i>Join "Dear Lucy" Lucy Barylak, MSW for this series where she will discuss how to deal with difficult behaviors of people with dementia.</i>
	10:00 am Central	
	9:00 am Mountain	
	8:00 am Pacific	

Thursday, Sept. 24	11:00 am Eastern	Dementia and Delusions and Paranoia with Lucy Barylak, MSW <i>Join "Dear Lucy" Lucy Barylak, MSW for this series where she will discuss how to deal with difficult behaviors of people with dementia.</i>
	10:00 am Central	
	9:00 am Mountain	
	8:00 am Pacific	



A program of the WellMed Charitable Foundation Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free