



A LEADING VOICE FOR CAREGIVERS

Date	Time	Topic
Tuesday, November 3rd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Isolation: The Curse of Caregivers with Evalyn Greb <i>Exhaustion and depression among caregivers has often led to decreased socialization, which is as an important part of self-care. Today, recommendations for the Covid-19 response call for even greater isolation. At the same time, Public Health experts are beginning to call isolation a national epidemic. Join us in discussing attitudes and responses to help caregivers, loved ones, and family members informed and ready to fight this curse!</i>
Thursday, November 5th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Good Grief! with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW <i>Covid-19 has resulted in a lot of grief- loss of loved ones, or a life we miss. Many of us are dealing with unexpressed grief which will be addressed in this session.</i>
Monday, November 9th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning with Dana Zachry <i>Tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team.</i> ***Sponsored by North Central Texas Caregiver Teleconnection***
Tuesday, November 10th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	¿Será posible que la depresión en la madurez de la vida esté relacionada con el deterioro cognitivo o incluso la demencia? con el Dr. Néstor H. Praderio <i>El Dr. Néstor Praderio hablará sobre los riesgos, el diagnóstico y las opciones de tratamiento. Infórmese sobre los síntomas comunes de la depresión y entienda los factores desencadenantes de esta enfermedad común que afecta a un número de adultos de 60 años y mayores.</i>
Thursday, November 12th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Safe use of Medication for Seniors and their Caregivers with Lucy Barylak, MSW <i>Dear Lucy will talk about how to best manage your loved one's medications, especially during the pandemic. Caregivers need to understand and be vigilant about medication side effects, as well as how new medications may affect someone with dementia. If you have a question for Dear Lucy, please submit it to caregiversos@wellmed.net</i>
Tuesday, November 17th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Guilty as Charged - Guilt and Dementia Caregiver with Tam Cummings, PhD <i>Dementia caregivers have a very real risk for overwhelming feelings of guilt. Let's talk about guilt, types of guilt, the effects of caregiving and steps to take to survive.</i> **Sponsored by VITAS Healthcare**
Wednesday, November 18th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Celebrating Holidays During COVID-19 with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW <i>With our biggest holidays ahead, this session will discuss ways to be together safely, tips for travel and what precautions to take during our ongoing COVID-19 pandemic.</i>