



www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

Wednesdays in January (6, 13, 20, 27) **11:00 am Eastern**
10:00 am Central
9:00 am Mountain
8:00 am Pacific

Caregiving During COVID-19: A Series with Lucy Barylak, MSW and Elliot Montgomery Sklar, PhD *Whether caregiving for a loved one or trying to care for ourselves during the pandemic – we are all experiencing a series of common emotions. When we don't address these emotions, they can impact upon our physical and mental health. Most of us lack a forum to discuss these feelings and experiences around COVID-19, which this series will provide.*

Thursdays in January (7, 14, 21, 28) **11:00 am Eastern**
10:00 am Central
9:00 am Mountain
8:00 am Pacific

Pride of Caring: A Series for LGBT Caregivers & Professionals with Lucy Barylak, MSW and Elliot Montgomery Sklar, PhD *This series discusses the role of sexual orientation and gender identity in the context of identifying resources, services and supports of aging LGBT adults and those who care for them. In addition, policies, planning and hot topics affecting the LGBT community are explored.*

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

Strange Behaviors: Dementia versus Delirium with Dr. Jennifer Arnouville, DO *Learn this subtle differences between behaviors that are due to dementia or delirium. Gain confidence with handling some common behaviors in dementia patients, and with recognizing signs that can instead signify another underlying medical problem.*

*****Sponsored by North Central Texas Caregiver Teleconnection*****

Tuesday, January 12th **11:00 am Eastern**
10:00 am Central
9:00 am Mountain
8:00 am Pacific

Who cares for the Caregiver with Dr. Nestor Praderio *Caregivers – you find yourself as lead control center or life coordinator for your loved one with Alzheimer's Disease or Related Dementia. You become nurse, cook, physical therapist, accountant, counselor, chauffeur, activity director and so much more. But who takes care of you? Join Nestor H. Praderio, M.D. as he reviews current data, trends and tips for maintaining a healthy role as a Caregiver.*

Tuesday, January 19th **12:00 pm Eastern**
11:00 am Central
10:00 am Mountain
9:00 am Pacific

What is Memory and How Can I Keep Mine? with Tam Cummings, PhD. *In this session I will explain what memory is, how it functions, and what happens to the brain during dementia. Exercises for keeping your healthy and normally aging brain strong will also be discussed.*

Tuesday, January 26th **12:00 pm Eastern**
11:00 am Central
10:00 am Mountain
9:00 am Pacific

Best way for Dementia Caregivers to handle a loved one's memory loss with Barry Jacobs, PsyD *In this Caregiver Teleconnections by a clinical psychologist and co-author of AARP Meditations for Caregivers, we'll discuss the importance of loosening the grip of our own memories of who our loved ones were and accepting them as they are now to best help them.*



A program of the WellMed Charitable Foundation

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