



## A LEADING VOICE FOR CAREGIVERS

Date	Time	Topic
Tuesday, March 2nd	12:00pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Understanding grief and Loss with Esther Pipoly with Loss of Life Advocates</b> <i>Let's have a conversation about how this past year has impacted the loss process. What should you know, how are the different players helping families through making difficult decisions? Is there anything you can do now to be prepared? LOLA will provide guidance and resources for you and your family.</i>
Thursday, March 4th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Dementia and Delirium with Lucy Barylak, MSW</b> <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>
Monday, March 8th	1:00 pm Eastern 12:00pm Central 11:00 am Mountain 10:00 am Pacific	<b>I'm the Caregiver - What Legal Authority Do I really Have? with Martin Rechnitzer</b> <i>Warning signs of "helpful" family members or friends and of financial exploitation. What happens when a problem is apparent? What are Fiduciary duties under Powers of Attorney? When a court ordered guardianship is warranted or necessary or what restrictive alternatives are options? <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b></i>
Tuesday, March 9th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>ZOOM - Family Dynamics &amp; Dementia with Dr. Nestor Praderio</b> <i>Nestor H. Praderio, M. D. will address the dynamics of the family unit as they grapple with the diagnosis and care plan of Alzheimer's and other related dementia. He will review statistical data in regards to Caregivers and offer insights to create a balance in caring for our loved one and maintaining a healthy family relationship.</i>
Thursday, March 11th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Dear Lucy: The Importance of Medication Management with Lucy Barylak, MSW</b> <i>Join Dear Lucy for this interactive session to talk about how to best manage your medications. She will cover topics such as side effects, proper storage, the role your pharmacist plays as well as over the counter medications.</i>
Monday, March 15th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Sleep is the best natural thermometer we have with Jaime Huysman, PsyD</b> <i>A substantial body of evidence suggests that sleep and happiness are closely linked. Join Jamie Huysman, PsyD (whether you sleep well or not), to learn how your sleep will determine your sense of Emotional Wellness.</i>
Tuesday, March 16th	12:00pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>What is Memory and How Does the Loss of Memory Affect a Person With Dementia with Tam Cummings, PhD</b> <i>This class will discuss the types of memory, how memory is made and used and what happens to memory as the brain begins to be impacted. Behaviors will change, memories will be lost, and time will go backwards for your loved one. Learn what those constant questions mean, how to address the changes for your loved one, and how to explain the process to your family. <b>**Sponsored by VITAS Healthcare**</b></i>
Tuesday, March 30th	12:00pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>Las señales indicadoras del estrés del cuidador con Gloria Miranda, BA</b> <i>El estrés de cuidar a un ser querido o familiar puede causar problemas emocionales y físicos. Usted aprenderá que las experiencias tanto buenas como malas pueden causar el estrés y cómo reconocer las señales de advertencia para tomar las medidas necesarias.</i>



**Zoom Presentation**

**AGING IN AMERICA MAY NEVER BE THE SAME: A SERIES**

**Special guest speaker  
Dr. Elliot Montgomery Sklar  
Lucy Barylack, MSW**



As we endure the COVID-19 pandemic, and once we have recovered, aging in America may never be the same. The death toll in nursing homes and long-term care facilities has revealed how unprepared our health care system is to protect our most vulnerable citizens.

Many seniors and their families consider the option of long-term care at some point. COVID-19 has made many people re-think those options. In addition to long-term care, some are considering aging-in-place, or living with relatives if they can. Our sessions will explore the pros and cons all of the options. We will discuss problems and solutions and identify resources that support all of these options for healthy aging.

<b>Wednesday, March 3rd</b>	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>How has COVID-19 changed our view on long-term care facilities?</b> <i>What led to the increased mortality of seniors in long-term care facilities? What are the lessons learned?</i>
<b>Wednesday, March 10th</b>	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>What do seniors and caregivers need to consider to age-in-place?</b> <i>What resources are required? How to evaluate your home for feasibility of aging-in-place? What modifications will be required?</i>
<b>Wednesday, March 17th</b>	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>What do caregivers and seniors need to look for in a long-term care facility?</b> <i>What questions should you be asking? What do you need to consider?</i>
<b>Wednesday, March 24th</b>	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	<b>Family dynamics: When is it absolutely necessary for a caregiver to place their loved one?</b> <i>What should seniors consider and explore before deciding to live with relatives? What should relatives know?</i>