



Date **Time** **Topic** **A LEADING VOICE FOR CAREGIVERS**

All sessions are available by telephone and on Zoom

Thursday December 1	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Getting Through the Holidays with Tam Cummings, PhD <i>This month is especially challenging for families. The person with dementia has changed and it's okay to change your holiday plans to match their needs and yours. We will strategize various self-care methods and ways to meet family expectations as well. **Sponsored by VITAS Healthcare**</i>
Tuesday December 6	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	The Flu and You with Elliot Montgomery Sklar, PhD <i>This is projected to be the worst flu season in a decade, with outbreaks already in many parts of the country. How do we tell the flu apart from COVID? How well does the flu shot protect us? How can we best be prepared and protected? Join us!</i>
Wednesday December 7	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	How to "Keep Our Cool" in Life and Over the Holidays with Dr. James Huysman, PsyD, LCSW <i>Join Dr. Jamie as we connect with our higher awareness through the eyes not only of gratitude but other ways to "keep our cool" to reduce our stress and become more reflective and open minded for ourselves, our families, and especially for our children who learn from us.</i>
Thursday December 8	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: Who am I? with Lucy Barylak, MSW <i>When caring for someone with dementia, caregivers may lose their identity, role and relationships. The session will focus on why this could happen and how to manage and accept change in a positive and meaningful way.</i>
Monday December 12	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Managing the Holidays: Interactive Discussion about How to Cope with Zanda Hilger, LPC <i>Join in a yearly interactive conversation about holiday activities when you are a caregiver. What are your challenges, what has worked for you in the past, what have you had to change from traditional celebrations, and how do you balance caregiving and self-care? **Sponsored by the North Central Texas Caregiver Teleconnection Program**</i>
Tuesday December 13	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Cómo reconocer y abordar los efectos del estrés durante la temporada navideña con Dr. Nestor H Praderio <i>¡Las vacaciones de Navidad y Año Nuevo ya están aquí! Un tiempo para la alegría, la felicidad y el buen ánimo. Pero para muchos, puede ser un momento de sentir una inmensa presión y tal vez una profunda desesperación. N. H. Praderio, M.D. facilitará una discusión sobre cómo reconocer y abordar los efectos del estrés durante la temporada navideña.</i>
Thursday December 15	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Understanding the neuropathology of Alzheimer's Disease and Related Dementias with Jeffrey Darling, PhD <i>Please join Jeffrey Darling, PhD as he explores Alzheimer's and Related Dementias, brain pathology and biomarkers. He will discuss the disease, stages, diagnostics, hallmarks of the disease. He will also provide a general overview of a brain PET Imaging, giving an overview of what a scan is like and what images look like.</i>
Friday December 16	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Avoiding the Potholes of the Dementia Journey with Evalyn Greb, LCSW and Glenda Rogers <i>Most of us have heard about the stages of dementia and how they impact the one for whom you are caring. This presentation will focus on how caregivers of persons with dementia can learn to steer through the rocky road of dementia, armed with information and advice from other caregivers. You can be aware of what your future might hold and how to ease the journey. Join us!</i>