



www.caregiverteleconnection.org



Date	Time	Topic
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All sessions will be available on Zoom and/or just the telephone. Your choice! You may log in or call in to participate

Tuesday
January 2
2:00 pm Eastern
1:00 pm Central
12:00 pm Mountain
11:00 am Pacific

Ask Dr. Tam Questions with Tam Cummings, PhD *What kind of questions do you have about dementia? As a caregiver, how do you survive the journey? Dr. Tam Cummings will focus on how to manage the stress that may have happened during the holidays. She will also answer any questions you have about dementia* ****Sponsored by VITAS Healthcare*****

Monday
January 8
1:00 pm Eastern
12:00 pm Central
11:00 am Mountain
10:00 am Pacific

Ambiguous and Anticipatory Grief with Hollie Glover, LPC, NCC Learn about ambiguous and anticipatory grief and the emotional impact. How does it relate to individuals and families of people with a diagnosis of dementia? Learn how to cope with grief, loss, and the bereavement of ambiguous and anticipatory grief. ****Sponsored by the North Central Texas Caregiver Teleconnection****

Thursday
January 11
11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific

Dear Lucy: Dementia and Inappropriate Sexual Behaviours with Lucy Barylak, MSW *Inappropriate sexual behaviors are a disturbing thing that can happen when someone has dementia. It can be one of the most challenging behaviors for caregivers. The session will address this issue with tips for caregivers on how to manage the behavior and have a better understanding of why this could happen..*

Tuesday
January 16
11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific

Una guía como vivir con la enfermedad de Alzheimer con Dr Nestor H Praderio *El Dr. Néstor Praderio, M.D. realizará una presentación a fondo para los cuidadores de un ser querido con la enfermedad de Alzheimer. Conozca los numerosos roles que asumen los cuidadores a lo largo de las etapas de evolución de la enfermedad. Obtenga un mejor entendimiento sobre la enfermedad de Alzheimer y sus desafíos tanto desde la perspectiva del cuidador como del paciente*

Tuesday
January 23
12:00 pm Eastern
11:00 am Central
10:00 am Mountain
9:00 am Pacific

How to Manage your Expectations as a caregiver with Barry J. Jacobs, PsyD *In this session led by Barry J. Jacobs, Psy.D., a clinical psychologist, author, and healthcare consultant, we'll look at the advantages and disadvantages for caregivers of having expectations about others to attempt to answer the question, "Would I be better off expecting nothing."*

Tuesday
January 30
11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific

Caring can be Rewarding, but Stressful: How to Build on the Positives with Elliot Montgomery Sklar, PhD and Lucy Barylak, MSW *Caregivers often feel like so much is out of their control, but that's not always the case. This program will focus on the positive aspects of caregiving and ways to take control of what is possible.*



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