



www.caregiverteleconnection.org



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

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

<b>Tuesday April 2</b>	<b>2:00 pm Eastern 1:00 pm Central 12:00 am Mountain 11:00 am Pacific</b>	<b>Navegando la experiencia de ser un cuidador: Instrospecciones ganadas y conocimientos aprendidos con Zahydie L. Burgos Ribot PsyD</b> <i>En esta presentación, compartiré las ideas obtenidas de mi viaje como cuidadora, reflexionando sobre las cosas que desearía haber sabido cuando asumí este rol por primera vez. A través de reflexiones sinceras y consejos prácticos, los asistentes obtendrán una comprensión más profunda de la experiencia del cuidador y aprenderán a navegar por su propio viaje de cuidado con resiliencia y compasión.</i>
<b>Monday April 8</b>	<b>1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific</b>	<b>Planning for Housing Transition with Joan Blinn</b> <i>Join us as we talk with Joan Blinn, a real estate agent who specializes in working with seniors and their families. We'll discuss how to start the conversation about moving, various housing options, the emotional and financial impacts of moving, and how to prepare. **Sponsored by North Central Texas Caregiver Teleconnection**</i>
<b>Wednesday April 10</b>	<b>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</b>	<b>Current Issues in Long Term Care: What Caregivers Need to Know with Elliot Montgomery Sklar, PhD, MSW and Lucy Barylak, MSW</b> <i>This session addresses current hot topics in long term care, and data that caregivers should know about concern long term care facilities. We'll discuss caregiver and staff concerns</i>
<b>Thursday April 18</b>	<b>1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific</b>	<b>Trauma and Self-Esteem with Dr. Natalee Oliver, DSW</b> <i>How can trauma affect our self-esteem? What are signs of a healthy self-esteem and how can you increase yours? Join Dr. Natalee Oliver as we learn how trauma impacts self-esteem as well as practical strategies on how to improve it.</i>
<b>Tuesday April 23</b>	<b>12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific</b>	<b>Are You a "Control Freak" Caregiver? with Barry Jacobs, PhD</b> <i>In this interactive discussion with psychologist, author, and healthcare consultant Barry J. Jacobs, Psy.D., we'll discuss differences between responsible caregivers and control freak caregivers who believe only they know the right way to care for a care receiver and make it harder for other family members to participate</i>
<b>Wednesday April 24</b>	<b>12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific</b>	<b>Empowering Care Partners: Tips, Tools and Take Aways supporting those caring for someone living with Parkinson disease with Sheila Moore, LCSW, MSG</b> <i>This online seminar will focus on celebrating the Care Partners in our lives and our PD community. Together we will explore tips, tools and take aways to support care partners with the daily care of those living with PD.</i>
<b>Tuesday April 30</b>	<b>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</b>	<b>Unique Tips for Family Caregivers That Will Amaze You with Deidre Edwards, RN</b> <i>Using examples from her book, Toolkit for Caregivers, Deidre Edwards, RN, will be revealing some amazing caregiver hacks she used when taking care of her husband who was confined to bed and under hospice care for two years.</i>



**A program of the WellMed Charitable Foundation  
Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or  
call 866.390.6491 Toll Free**