



www.caregiverteleconnection.org



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

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

<b>Tuesday May 7</b>	<b>2:00 pm Eastern 1:00 pm Central 12:00 am Mountain 11:00 am Pacific</b>	<b>Ask Dr. Tam Questions with Dr. Tam Cummings, PhD</b> <i>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. <b>**Sponsored by VITAS Healthcare**</b></i>
<b>Thursday May 9</b>	<b>11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific</b>	<b>Dear Lucy: What can Caregivers do when the Person with Dementia refuses Daily Care with Lucy Barylak, MSW</b> <i>Does the person you are caring for ever refuse to bathe, or brush their teeth? Please join Lucy Barylak, MSW as she explains why this happens and provides tips on how caregivers can manage this challenging behavior. There will be a question period after the presentation.</i>
<b>Monday May 13</b>	<b>1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific</b>	<b>Essential Conversations: Helping Older Adults Share Their Wishes for Care Through the End of Life with Laurie Miller</b> <i>Learn about tools and resources from the Conversation Project, such as the Conversation Starter Guide and Your Guide to Choosing a Health Care Proxy, and hear stories from families who did and did not plan ahead. <b>**Sponsored by the North Central Texas Caregiver Teleconnection**</b></i>
<b>Tuesday May 21</b>	<b>12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific</b>	<b>Mindfulness for Caregiver Stress Reduction with Cynthia Hazel, MA</b> <i>Caregivers deal with stress every day. Research shows that mindfulness, the practice of accepting what is without judgment can lower psychological stress. In this class, you will create a mindful practice that will help you let go, make heartfelt connections and easily reduce acquired stress.</i>
<b>Wednesday May 22</b>	<b>12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific</b>	<b>Practicar una buena calidad de vida es la autopreservación en el cuidador con Leticia Guzman Sanchez, BS, Q.D.C.P.</b> <i>¿Es usted un cuidador comprometido a cuidar a su ser querido pero se siente abrumado por las responsabilidades de su función? Desde los sentimientos de agotamiento físico; aislamiento; frustración; ansiedad ó falta de sueño, los retos del cuidador son muy reales.</i>  <i>iPero hay cosas que puede hacer para ayudarse! Cuando un cuidador se cuida a sí mismo, todos se benefician. Compartiremos consejos que pueden ayudarle a cuidar de su ser querido y de usted mismo. Recuerde si no te cuidas a si mismo, no podrá cuidar a nadie más.</i>
<b>Tuesday May 28</b>	<b>12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific</b>	<b>Frontotemporal Degeneration: What it is, What it isn't, and What are the Signs and Symptoms with Sharon Hall</b> <i>This dementia is highly misunderstood, even in the medical community, and takes families up to 4 years to get a proper diagnosis. They will explain what signs show up first, how to get an accurate diagnosis, and what to do after you receive the diagnosis.</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**