



April



CAREGIVER SOS



Caregiver Teleconnection

Join us online or over the phone

No cost-hour long virtual presentations

Register:

<https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

Caregiver SOS: On Air Podcasts

<https://www.wellmedcharitablefoundation.org/caregiver-support/on-air/>






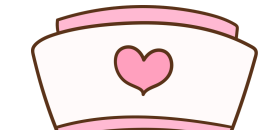





Lopez Senior Center

8353 Culebra Rd.
210-558-0178
MONDAY-THURSDAY
7AM-8PM
Fridays 7AM-4PM
(excluding holidays)

Doris Griffin Center

6157 NW LOOP 410
210-780-7444
MONDAY-THURSDAY
7AM-8PM
FRIDAYS 7AM-4PM
(EXCLUDING HOLIDAYS)



Monday	Tuesday	Wednesday	Thursday	Friday
 Mondays @ 9:15 Griffin Center	Caregiver SOS Supporting Family Caregivers Jennifer Brackett P: 210-254-1428 jbrackett@wellmed.net For more information and to register for programs!	1  APRIL FOOLS DAY	2 Virtual Senior Center Can't make it to the center? Try our Exercise at home workouts. https://www.wellmedcharitablefoundation.org/virtual-center/exercise/	3 24/7 - Alzheimer's Helpline 1-800-272-3900 https://www.alz.org/sanantonio/helping_you/virtual-education-programs
6 Caregiver Supports https://biggsinstitute.org/events UT Caring for the Caregiver https://utcaregivers.org/resources/caring-for-the-caregiver-resources/	7 Caregiver Teleconnection Supporting Independence & Dignity: ----- Managing Self-Care in Dementia	8 Advanced Guitar 8:30 AM Griffin Senior Center Call for more information	9 Caregiver Teleconnection ----- Truth, Lies, and Compassion: Ethical Communication in Dementia Care	10 Griffin Center  Karaoke
13 Join the Choir at the Griffin Senior Center  Call For More Information 210-780-7444	14 Caregiver Teleconnection ----- Comunicarse de manera efectiva	15 Dementia Series Join us at the Griffin Senior Center to learn more about dementia. Call For More Information: 210-254-1428 jbrackett@wellmed.net	16 Griffin Center Jewelry Class 9:30 on Tuesdays & Thursdays 	17 Health Talks with Wellmed Nurse Lopez Center 
20 Lopez Center  Walking with WellMed Sign up at the front desk! 	21 Caregiver Teleconnection ----- Managing Family Conflict About End-of-Life Decisions	22 Caregiver Teleconnection ----- La presentacion explica el sindrome	23 "You are not alone on this journey. Your love and care make a difference." ~ Unknown	24 Resources for Caregivers Family Caregiver Alliance https://www.caregiver.org/caregiver-resources/
27 Join us at the Griffin Center to learn Beginner Guitar 	28 Caregiver Teleconnection ----- Caregiving Without a Roadmap: Insights for Cancer Caregivers	29 Check Out The Weekly OATS Tech Hour Learn Something New Today!  Lopez Center 	30 WOWZITUDE VIRTUAL TOUR Thursdays at the Lopez Senior Center Call the center for more details.	Support Meals on Wheels Alzheimer's Support Group for Caregivers Respite Care Available Call For More Information: 210-735-5115

Activities are subject to change without notice

Resources to Know

- **Area Agency on Aging - Resources for Older Adults**
<https://aacog.gov/aging-services>
- **Texas.gov - Has resources and supportive services for caregivers.**
www.caregiver.va.gov
- **VA Caregiver Support Program -**
<https://www.caregiver.va.gov>.
- **Alzheimer's Association -**
www.alz.org
- **Heart Health -** www.heart.org
- **National Council on Aging -**
www.ncoa.org

Lopez Center

SOS Caregiver Support Group
General 4th Tuesday
Meets Monthly
1:15 PM – 2:30 PM
Conference Room
Register: 210-254-1428

