



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
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All sessions are available on your choice of Zoom or telephone only!

Tuesday April 7	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Supporting Independence & Dignity: Managing Self-Care in Dementia with Hollie Lowe, MA, LPC, NCC <i>Dementia is a progressive brain disease that can change a person's ability to manage everyday self-care tasks such as dressing, eating, bathing, and toileting. These changes are not a choice or a lack of effort. They are the result of changes in the brain. Join us to better understand the "why" behind these shifts and learn practical, compassionate strategies that help a person living with dementia maintain their highest level of independence and dignity.</i>	
Thursday April 9	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Truth, Lies, and Compassion: Ethical Communication in Dementia Care with Elliot M Sklar, PhD and Lucy Barylak, LMSW <i>This presentation explores the ethical and practical challenges of truth-telling in dementia caregiving. It examines when honesty supports well-being—and when compassionate redirection or "therapeutic fibbing" may be more appropriate. Through real-world scenarios, we'll consider how caregivers can navigate these complex moments with empathy and respect.</i>	
Tuesday April 14	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Comunicarse de manera efectiva on Maxine P. Vieyra, Alzheimer's Association <i>A través de este taller, aprenderemos cómo la demencia afecta la comunicación. Describir cómo un enfoque centrado en la persona puede ayudar a la comunicación. Compartiremos estrategias que le ayuden a comunicarse con una persona que vive con demencia.</i>	
Tuesday April 21	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Managing Family Conflict About End-of-Life Decisions with Barry J. Jacobs, PsyD <i>Only one-third of Americans have filled out an advance directive to let family members know what care they do or don't want in the event they are unable to speak for themselves. That leaves many adult children to guess about what an aging parent with severe dementia would want--opening the door for intense debate and even fighting among those siblings. In this highly interactive workshop with psychologist Barry J. Jacobs, Psy.D., co-author of The AARP Caregiver Answer Book, we will talk about the importance of advance directives but also how adult children can draw upon their parent's beliefs and values to make the right decision for them. Case illustrations will be used throughout.</i>	
Wednesday April 22	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	La presentación explica el síndrome vespertino with Isabel Maria, Agencia de Ancianidad del Norte Centro Texas <i>La presentación explica el síndrome vespertino, una confusión y agitación que ocurre al final del día en personas con demencia. Se analizan causas como el estrés, necesidades no satisfechas y el entorno, y se ofrecen estrategias para mejorar el cuidado. También incluye recursos locales para apoyar a cuidadores. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>	
Tuesday April 28	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	Caregiving Without a Roadmap: Insights for Cancer Caregivers with Melina Pineyro, MPH <i>Behind every cancer diagnosis is a caregiver – a parent, partner, sibling, or friend – quietly navigating medical appointments, emotional strain, and financial pressures. This webinar explores the lived experiences captured in Caregiving Without a Roadmap: Insights from Cancer Caregivers, a national listening-session report developed by the National Alliance for Caregiving in partnership with CancerCare. Through real caregiver stories, we'll examine the gaps in support, the emotional toll of caregiving, and the practical realities that often go unseen.</i>	