



www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

All sessions are available on your choice of Zoom or telephone only!

Friday May 1 11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 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 cover quick stress relief tips and answer any questions you have about dementia. ****Sponsored by VITAS Healthcare*****

Thursday May 7 2:00 pm Eastern
1:00 pm Central
12:00 pm Mountain
11:00 am Pacific
Caring Through ALS: Supporting Your Loved One While Sustaining Yourself with Cheri Mathis, LCSW, *Caring for someone with ALS is both deeply meaningful and incredibly demanding. This session offers caregivers practical guidance, emotional support, and essential tools to help navigate the ALS journey with greater confidence and resilience. Participants will learn what to expect, how to access support, and ways to care for their own wellbeing while caring for someone they love.*

Tuesday May 12 10:00 am Eastern
9:00 am Central
8:00 am Mountain
7:00 am Pacific
Depresión en la etapa tardía de la vida con el Dr. Nestor H. Praderio El *Dr. Nestor H. Praderio, MD, analizará los riesgos, el diagnóstico y las opciones de tratamiento. Conozca los factores desencadenantes de esta enfermedad común que afecta a un número cada vez mayor de adultos de 65 años en adelante.*

Thursday May 14 1:00 pm Eastern
12:00 pm Central
11:00 am Mountain
10:00 am Pacific
Making the Transition: When a Loved One With Dementia Needs More Care with Lucy Barylak, MSW *The session will cover common warning signs, including safety issues, declining health, and increasing caregiving demands as dementia progresses. She will also examine who should be part of the decision-making process and share practical guidance for families preparing for this change.*

Tuesday May 19 1:00 pm Eastern
12:00 pm Central
11:00 am Mountain
10:00 am Pacific
Making the Case for Music in Dementia Care with Justin Russo, Director of Programming *The session will highlight research findings, cost-effectiveness data, and practical tools that caregivers and professionals can apply immediately within care routines. Attendees will leave with a deeper understanding of why personalized music should be considered a standard of care in dementia support.*

Wednesday May 27 11:00 am Eastern
10:00 am Central
9:00 am Mountain
8:00 am Pacific
Magnificent Seven: Essential Legal Forms with Virginia Hammerle *Virginia Hammerle will explain about the intricacies involving documents such as a Will, Durable Power of Attorney, Medical Power of Attorney, HIPPA Release, Designation of Guardian, and Burial Instructions and will provide information on the use of trusts in estate planning. ****Sponsored by North Central Texas Caregiver Teleconnection*****



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