



TELECONNECTION

www.caregiverteleconnection.org



# Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Monday, October 2nd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>What you need to know about Medicare and Open Enrollment with Jake McDonald, Client Services Council</b> <i>In this session, Jake will discuss the basic benefits of Medicare, changes that you can make during open enrollment, marketing rules for Medicare and Medicare and Marketplace plan. Jake graduated from Notre Dame with a B.A. and NYU with a J.D.</i>
Friday, October 13th	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific	<b>Using Journal Techniques to Manage Self-care while Caring for a Loved One with Lori Ramos Lemasters</b> <i>Caring for a loved one comes with daily challenges that make caring for you feel impossible. Using a journal can help you identify and overcome obstacles. Learn to use writing techniques to identify what you need to feel cared for and build a care plan that allows time for self-care. Lori Ramos Lemasters is the founder of CarePartnersResource and a certified Journal to the Self © therapeutic writing instructor. Lori is an educator, a writer and public speaker and a caregiver for her parents.</i>
Monday, October 16th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Long Distance Caregiving with Zanda Hilger, LPC</b> <i>An estimated 11 percent of family caregivers live at least an hour away from their loved one. Learn practical ways to do what you can from a distance and how to plan for prioritizing help when you visit. Also, if you are the primary caregiver, learn how long distance family can help you. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Wednesday, October 25th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	<b>The Danger of Depression with Evalyn Greb, LCSW</b> <i>Being a caregiver, especially around holiday time, can often lead to increased risk for depression. Join this presentation and learn more about why caregivers are at greater risk and what a caregiver can do to cope or prevent this dangerous disease.</i>



WELLMED CHARITABLE FOUNDATION

A program of the WellMed Charitable Foundation

Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free

\*\*\*Registration required at least 24 hours in advance\*\*\*