

# JUNE 2018 EVENTS

*You are not alone ... Please join us at one of the following sessions*

## ~ Family Caregiver Support Groups ~

### ALZHEIMER'S & GENERAL SUPPORT GROUPS

- WHEN:** TUES, June 5th  
**TIME:** 6:00 p.m.  
**WHERE:** St. Paul United Church of Christ (new location)  
**ADDR.:** 5525 Lipes, Corpus Christi  
**PHONE:** (361) 883-3935
- WHEN:** WEDNESDAY, June 6th  
**TIME:** 10:00 a.m.  
**WHERE:** SCC River Ridge Nursing Rehab Center  
**ADDR:** 3922 West River Dr. (Off FM 624), Corpus Christi  
**PHONE:** (361) 767-2000
- WHEN:** TUESDAY, JUNE 12TH  
**TIME:** 6:00 p.m.  
**WHERE:** Woodridge Nursing & Rehab Center  
**ADDR.:** 600 So. Hillside Dr., Beeville  
**PHONE:** (361) 358-8880
- WHEN:** WEDNESDAY, JUNE 13TH  
**TIME:** 12:00 p.m.  
**WHERE:** Lindale Center / Caregiver SOS  
**ADDR.:** 3133 Swantner St., Corpus Christi  
**PHONE:** (361) 826-2343
- WHEN:** THURSDAY, JUNE 14TH  
**TIME:** 3:00 P.M.  
**WHERE:** Mirador Plaza (back side of facility)  
**ADDR.:** 5857 Timbergate Drive, Corpus Christi  
**PHONE:** (361) 883-3935
- WHEN:** TUESDAY, JUNE 19TH  
**TIME:** 9:30 a.m.  
**WHAT:** General Caregiver Support Group  
**WHERE:** Brookdale (Formerly Homewood Residence)  
**ADDR:** 410 Meadow Vista, Corpus Christi  
**PHONE:** (361) 980-0208 FACILITATOR: Anita Valle
- WHEN:** THURSDAY, June 21th  
**TIME:** 10:30 a.m.  
**WHERE:** Ed & Hazel Richmond Public Library  
**ADDR.:** 110 N. Lamont St. Aransas Pass, Texas  
**PHONE:**
- WHEN:** THURSDAY, JUNE 28TH  
**TIME:** 4:30 p.m.  
**WHERE:** Kleberg County Nursing & Rhab  
**ADDR:** 316 General Cavazos Blvd., Kingsville  
**PHONE:** (361) 883-3935
- WHEN:** TUESDAY, JUNE 26TH  
**TIME:** 4:00 p.m.  
**WHERE:** Alice Public Library  
**ADDR:** 401 E. Third Street, Alice  
**PHONE:** (361) 883-3935

### GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

- WHEN:** TUESDAY, June 26nd  
**TIME:** 10:00am —11:00am  
**WHERE:** Greenwood Senior Center  
**ADDR:** 4040 Greenwood Drive, Corpus Christi  
**PHONE:** (361) 883-3935
- WHAT:** (\*) EVENING SUPPORT GROUP  
**WHEN:** THURSDAY, June 28th  
**TIME:** 6:00 p.m. — 7:00 p.m.  
**WHERE:** First United Methodist Church  
**ADDR:** 900 South Shoreline Blvd.; Corpus Christi  
2nd floor—Rm #216 / parking & entrance behind church  
**PHONE:** (361) 334-2255
- FACILITATED/PRESENTED BY: MCH FAMILY OUTREACH**  
**(\*) Please call if you will bring your grandchild(ren)**  
**CLASSES FOR ALL AGES**

For additional information contact:

**FELIPA LOPEZ WILMOT**

*Family Caregiver Program Specialist*

Office: (361) 883-3935 ext - 5153

email: felipa@cbcogaaa.org

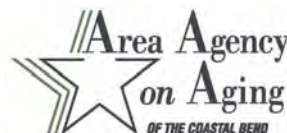
~ OR ~

**SALLY EDSILL**

*NFCSP Administrative Assistant*

Office: (361) 883-3935 ext - 5156

email: sally@cbcogaaa.org



Facilitations are provided by:  
**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**  
a program of  
Texas Health and Human Services



www.caregiverteleconnection.org



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

**Wednesday, June 6th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific (Arizona)  
**Caregiving for the Visually Impaired with Nancy Gawlik** *During our “Caregiving for the Visually Impaired” presentation we will cover blindness sensitivity and some basic caregiving information. This will include common types of vision loss, meeting a blind person, orientation and mobility, and sighted guide techniques. We will also address how to recognize vision loss and questions to ask the doctor.*

**Monday, June 11th** 1:00 pm Eastern  
12:00 pm Central  
11:00 am Mountain  
10:00 am Pacific (Arizona)  
**Why it Matters While Caring for Others with Sharon Gayle, MA, LPC, LCDC** *It is a fact of life that everyone makes mistakes from time to time. When the mistake hurts someone we love, we can experience depression, anxiety, shame, and guilt over the pain we caused. The antidote to that shame and guilt is found in self-compassion. Sharon Gayle will discuss the features of self-compassion, how it serves to give hope and healing to the person who uses it in daily practice. \*\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\*\**

**Thursday, June 14th** 11:00 am Eastern  
10:00 am Central  
9:00 am Mountain  
8:00 am Pacific (Arizona)  
**Lucy Barylak, MSW as “Dear Lucy”** *Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. **You can submit your questions or comments by e-mail or phone.***

**Tuesday, June 19th** 12:00 pm Eastern  
11:00 am Central  
10:00 am Mountain  
9:00 am Pacific (Arizona)  
**Untangling Dementia with Tam Cummings, PhD** *Tam’s signature talk, which is based on the name of her popular book “Untangling Dementia: A Guide to Understanding Alzheimer’s and Other Dementias”, provides family and professional caregivers an in-depth understanding of the disease from diagnosis to death. During her presentation, Tam explains the progression and staging of dementia, the physical causes of disease-driven behaviors, changes in perception and communication abilities, the impact of the disease on caregivers, and much more.*

**Wednesday, June 27th** 2:00 pm Eastern  
1:00 pm Central  
12:00 pm Mountain  
11:00 am Pacific (Arizona)  
**Caregiving and Family Dynamics with Dr. Yvonne Lozano** *Family members are deeply and emotionally connected despite feeling distant or disconnected In this session- understanding family dynamics and caregiving begins with the family systems theory. Dr. Lozano will present types of underlying family dynamics and the impact of these dynamics on caregiving. Lastly, this session will review five methods to assess your relationship with siblings and how caregivers are identified early in the development of the family.*



**A program of the WellMed Charitable Foundation**

# CARE PROVIDER TRAINING

A facilitation provided by:

*The National Family Caregiver Support Program*

a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., **June 13, 2018**

TIME: 9:00 a.m. to 5:00 p.m.

WHERE: **AREA AGENCY ON AGING**

ADDRESS: **2910 LEOPARD ST., CORPUS CHRISTI**

**!! FREE 8 HOUR TRAINING !!**

LEARN TO PROVIDE PERSONAL CARE TO SENIORS AND PERSONS WITH PHYSICAL DISABILITIES TO ENHANCE AND PROMOTE THE "QUALITY OF CARE IN THE HOME".

## ***MODULE TOPICS:***



- ◆ Roles & Responsibilities of a Care Provider
- ◆ Assisting with Personal Care
- ◆ How to Help Someone who uses Adaptive Aide(s)
- ◆ Caring for Someone with Early to Mid Stage Alzheimer's
- ◆ Caring for Someone with Mid to Late Stage Alzheimer's
- ◆ Community Resources

\* Seating is limited; call to reserve your space \* Certificate of completion will be awarded at end of class \*

For additional information contact:

~ **FELIPA LOPEZ WILMOT** ~

*Family Caregiver Program Specialist*

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-252-9240

email: [felipa@cbcogaaa.org](mailto:felipa@cbcogaaa.org)

**OR**

~ **SALLY EDSILL** ~

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*The Area Agency on Aging of the Coastal Bend  
is funded in part by the:*

*Texas Health and Human Services*

*The Area Agency on Aging  
is a program of the:*



# SCHMIEDING METHOD BASIC SKILLS TRAINING CLASSES

~ FREE 12 hour class ~

CLASS DATES (each session is 4 hours):

FRIDAY, JUNE 1st

FRIDAY, JUNE 8th

FRIDAY, JUNE 15th

TIME: 12:30 p.m. ~ 4:30 p.m.

WHERE: Del Mar College  
Ctr. for Economic Development  
Room # 126  
3209 S. Staples St.  
Corpus Christi, Texas 78411

**\*) COURSE CONTENT INCLUDES :**

- ◆ *Infection Control*
- ◆ *Skin Care*
- ◆ *Incontinence Management*
- ◆ *Medication Safety*
- ◆ *Proper Body Mechanics*
- ◆ *Body Movement and Mobility*
- ◆ *Caregiver Stress*
- ◆ *Home Safety*
- ◆ *Personal Care*
- ◆ *Transferring*
- ◆ *Nutrition & Hydration*

**MUST PRE-REGISTER BY May 25th**

Call to reserve your space:

**(361) 883-3935**

or **1-800-252-9240**

*The Schmieding Method  
Basic Skills Training Classes  
is a community partnership provided by:*



Facilitations are also provided by the:

**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

For additional information contact:

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email: nfcsp@cbcogaaa.org



# Learn and Apply Music Therapy

Meet Mirador's Music & Memory Program at the Area Agency on Aging Support Group Meeting

**LEARN HOW MUSIC EFFECTS THE BRAIN, EMOTION, & BEHAVIOR!**

The LifeStyles Team at Mirador would like the opportunity to share with you the power and effectiveness of music therapy. Bring an Mp3 player, phone, or iPod and learn how to utilize them to suit your needs. Mirador will open free-access to their music library containing thousands of songs with several genres.

"We look forward to serving and supporting our community!" -Mirador Team Members

## **THE PLAZA AT MIRADOR**

Thursday, June 14 at 3 p.m.

5857 Timbergate Dr. CC, TX 78414



Are you a relative, spouse, or friend who takes care of a loved one?  
You do not have to be alone in your caregiving journey!



# Caregiving Support Group

**1st Tuesday  
Every Month**

**6:00 - 7:30 p.m.**

**Discover Local and Online Resources**

**Talk to Others Who Understand the Demands of Caregiving**

**Realize the Importance of Taking Care of Yourself**

**Learn How to Cope with the Emotional Roller Coaster**

**Take a Break to Socialize**

**RSVP Appreciated: 361-371-8157**



**Event Location:  
St. Paul United Church of Christ  
5525 Lipps Blvd, Corpus Christi, Texas 78413**