



A LEADING VOICE FOR CAREGIVERS

Date	Time	Topic
Tuesday, May 4	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Understanding the impact of Diabetes with Shirlee Crandall with San Antonio Lighthouse for the Blind <i>Did you know Diabetes is the leading cause of blindness in US adults? Did you know it's also largely preventable? Learn seven steps to good Diabetes self-management and much more!</i>
Wednesday, May 5	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	How to Stage Your Loved One with Tam Cummings, PhD <i>This session will share how to use the Dementia Behavioral Assessment Tool, the FTD Staging Tool, ADL and IADL Staging Tools to assist your doctor in understanding how advanced your loved one's disease process is and to help the family caregiver prepare for the dementia journey.</i> **Sponsored by VITAS Healthcare**
Monday, May 10th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Home Care: Can I Be Paid as a Caregiver and What Home Based Services are Available? with Cathy Stump <i>Learn about federal and state-level policies and restrictions to paid family caregivers. How do states differ? Define types of home based services that may be available and how to apply for them.</i> **Sponsored by the North Central Texas Caregiver Teleconnection**
Tuesday, May 11th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Zoom - Problemas de comportamiento en la enfermedad de Alzheimer con el Dr. Praderio <i>N.H. Praderio, MD describirá los problemas de comportamiento más comunes asociados con la enfermedad de Alzheimer, incluida la agitación, la agresión verbal (obscenidades, acusaciones, etc.) y la agresión física (caminar, morder, golpear), deambular, acaparamiento, alteraciones del sueño, inhibición sexual, alucinaciones y otros.</i>
Wednesday, May 12th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	The New Normal: Tips for Caregivers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW. <i>How do pandemics end? Are we there yet? In our new normal, some caregiving responsibilities are becoming more challenging. This session will address how to find balance in our new normal.</i>
Thursday, May 13th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: Why Dementia Affects Balance with Lucy Barylak, MSW <i>Join Dear Lucy for this interactive session where she will talk about how caregivers can recognize balance problems in their loved one. She will also provide tips on creating a safe place for your loved one with dementia.</i>
Monday, May 17th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	ZOOM - Taking your O2 First While Caring for Older Adults with Jamie Huysman, PsyD <i>The overwhelming stress we feel as caregivers can develop into serious health issues, both mentally and physically, which can prevent caregivers from leading a fulfilling life. Join Dr. Jamie Huysman for this discussion and begin the authentic path necessary to start trusting ourselves and the healing process.</i>
Tuesday, May 25th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Hurricane Preparedness: Tips for Caregivers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>The 2021 hurricane season is expected to be more active than usual and begins on June 1st. Join us as we discuss preparedness tips and planning strategies for caregivers to keep you and your loved ones safe.</i>
Wednesday, May 26th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Caregiving During COVID-19: Mental Health & COVID-19 with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW <i>A pandemic has implications on our mental health. Addictive health behaviors like drinking alcohol and overeating are on the rise. This session will focus on addiction, healthy coping behaviors, and resilience.</i>