

# APRIL 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, APRIL 3rd  
**TIME:** 6:00 p.m.  
**WHERE:** Y.W.C.A.  
**ADDR.:** 4601 Corona Drive, Corpus Christi  
**PHONE:** (361) 883-3935
- WHEN:** WEDNESDAY, APRIL 4th  
**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, APRIL 10TH  
**TIME:** 6:00 p.m.  
**WHERE:** Woodridge Nursing & Rehab Center  
**ADDR.:** 600 So. Hillside Dr., Beeville  
**PHONE:** (361) 358-8880
- WHEN:** WEDNESDAY, APRIL 11TH  
**TIME:** 12:00 p.m.  
**WHERE:** Lindale Center / Caregiver SOS  
**ADDR.:** 3133 Swantner St., Corpus Christi  
**PHONE:** (361) 826-2343
- WHEN:** THURSDAY, APRIL 12TH  
**TIME:** 12:00 P.M.  
**WHERE:** Mirador Plaza (back side of facility)  
**ADDR.:** 5857 Timbergate Drive, Corpus Christi  
**PHONE:** (361) 883-3935
- WHEN:** TUESDAY, APRIL 17TH  
**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, APRIL 19th  
**TIME:** 10:30 a.m.  
**WHERE:** Ed & Hazel Richmond Public Library  
**ADDR.:** 110 N. Lamont St. Aransas Pass, Texas  
**PHONE:**
- WHEN:** TUESDAY, APRIL 24TH  
**TIME:** 4:00 p.m.  
**WHERE:** Alice Public Library  
**ADDR.:** 401 E. Third Street, Alice  
**PHONE:** (361) 883-3935
- WHEN:** THURSDAY, APRIL 26TH  
**TIME:** 4:30 p.m.  
**WHERE:** Kleberg County Nursing & Rehab  
**ADDR.:** 316 General Cavazos Blvd., Kingsville  
**PHONE:** (361) 883-3935

### GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

- WHEN:** TUESDAY, APRIL 24th  
**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, APRIL 26th  
**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



TELECONNECTION

www.caregiverteleconnection.org



# Free Telephone Learning Sessions

Call. Learn. Share.

Date	Time	Topic
Monday, April 9th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Working More Effectively with Social Workers: Hospital Discharge Planning, Rehab, Transition Home and Long Term Planning with Christine Casbeer, LMSW</b> <i>Who are social workers and what is their role? Where are family caregivers likely to come in contact with social workers? Learn ways for caregivers to partner with social workers so that their loved one gets the best hospital and rehab care with a smoother transition home. ***Sponsored by the North Central Texas Caregiver Teleconnection***</i>
Thursday, April 12th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Lucy Barylak, MSW as "Dear Lucy"</b> <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. <b>You can submit your questions or comments by e-mail or phone.</b></i>
Tuesday, April 17th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Developing Coping Strategies with Evalyn Greb, LCSW</b> <i>Do you feel like you are coping with caregiving as well as you might? If not, this session will discuss how to learn new techniques, validate the ones you use that are working, and provide the opportunity for other caregivers to share how they have developed coping strategies that make life better.</i>
Thursday, April 26th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	<b>Lucy Barylak, MSW as "Dear Lucy"</b> <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. <b>You can submit your questions or comments by e-mail or phone.</b></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\*\*\*

## Community Calendar for Family Caregivers April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Stress Busting Class Lindale Sr. Center 3:00p.m.-4:30 p.m. <b>*Must pre-register</b>	3 Alzheimer's Support Group @ Y.W.C.A. at 6:00 p.m.	4 "A Cup of Care" Social Hour @ Lindale Sr. Center 12:00 noon Sponsored by: Corpus Christi Hospice	5	6	7
8	9 Waterford Esplanade presents "Parkinsons" Encompass Health Talk 10:00 A.M.  Stress Busting Class Lindale Sr. Center 3:00p.m.-4:30 p.m. <b>*Must pre-register</b>	10 <i>Diabetes Basics</i> 12:00 noon @ Lindale Senior Center Evette Silvas, BSN	11 Caregiver Provider Training @ the Area Agency on Aging 9:00 a.m. to 5:00 p.m. <b>*Must pre-register</b>	12 Presentation "Alzheimer's Resources" by Felipa Wilmot @ Thrive Memory Care	13	14
15	16 Stress Busting Class Lindale Sr. Center 3:00p.m.-4:30 p.m. <b>*Must pre-register</b>	17 Alzheimer's Support Group @ Brookdale at 9:30 a.m.	18 Krafty Karegivers @ Lindale Senior Center at 12 noon	19	20 Krafty Karegivers @ Lindale Senior Center at 10:30 a.m.	21
22	23 Stress Busting Class Lindale Sr. Center 3:00p.m.-4:30 p.m. <b>*Must pre-register</b>	24 "A Time of Reflection" by Dr. Nestor Praderio @ Lindale Senior Center at 12 noon <b>*Please RSVP</b>  Alzheimer's Support Group @ Alice Public Library at 4:00 p.m.	25 "Parkinsons" Encompass Health Talk 3:00 p.m. @ Solstice  Face to Face by Dr. Nestor Praderio @Dr. Regionals Conference Center 6:30 p.m.	26 Alzheimer's Support Group @ Kingsville Nursing and Rehab at 4:30 p.m.  "The Benefits of Long Term Insurance" by Jackie Rodriguez @ Thrive Memory Care	27	28
29	30	<p><b>For additional information contact:</b>  <b>Felipa Lopez Wilmot</b>  <b>Family Caregiver Program Specialist</b>  <b>Office: (361)883-3935 ext-5153</b>  <b>Email: Felipa@cbcogaaa.org</b></p>				

"Caregiving often calls us to lean into love we didn't know possible" –Tia Walker, from The Inspired Caregiver: Finding Joy While Caring for Those You Love"



# CARE PROVIDER TRAINING

A facilitation provided by:  
*The National Family Caregiver Support Program*  
a program of the:



~ **SAVE-THE-DATE** ~

WHEN: WED., **April 11, 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

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

**OR**

~ **SALLY EDSILL** ~

*NFCSP Administrative Assistant*

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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:*



# ALZHEIMER'S SUPPORT GROUP

~ You are not alone ... join us at the new location ~

A facilitation provided by:

*The National Family Caregiver Support Program*

a program of the:



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



funded in part by the:

*Texas Health and Human Services*

DATE: Thursday, April 19, 2018

TIME: 10:30 a.m.

LOCATION: Ed & Hazel Richmond Public Library

ADDRESS: 110 N. Lamont St. Aransas Pass, Texas



*“CARING FOR A LOVED ONE WITH  
ALZHEIMER’S OR RELATED DEMENTIA”*



- ◆ Facts about Dementia
- ◆ Learn to recognize & manage the disease
- ◆ Resources for family caregivers



*For additional information contact:*

***FELIPA LOPEZ WILMOT***

*Caregiver Program Specialist*

*(361) 883-3935 ext - 5153 or 1-800-817-5743*

*email: felipa@cbcogaaa.org*