



**CAREGIVER
TELECONNECTION**



www.caregiverteleconnection.org



Date Time Topic A LEADING VOICE FOR CAREGIVERS

<p>Wednesday, August 1st</p>	<p>Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona) 10:00 am</p>	<p>Compassion Fatigue with Amy Cunningham <i>In this talk you will learn the how to differentiate between, stress, burnout, and Compassion Fatigue. You will learn to recognize the signs and symptoms of Compassion Fatigue, identify the trajectory, and begin to implement the 5 resilience's needed to assist you in achieving growth.</i></p>
<p>Thursday, August 9th</p>	<p>Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacifif (Arizona) 8:00 am</p>	<p>Lucy Barylak, MSW as “Dear Lucy” <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. You can submit your questions or comments by e-mail or phone.</i></p>
<p>Monday, August 13th</p>	<p>Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona) 10:00 am</p>	<p>Anxiety and Depression Medication in the Geriatric Population with Rick Rayl, R.Ph <i>What are medications used to treat anxiety and depression in the geriatric population? Learn about how medications affect older adults. Be able to recognize side effects and adverse reactions associated with each class of drugs. What does a caregiver need to know about the relationship between diagnosis and medication treatment? ***Sponsored by the North Central Texas Caregiver Teleconnection***</i></p>
<p>Monday, August 20th</p>	<p>Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am</p>	<p>Developing a Care Plan: Know your Future Now with Evalyn Greb, LCSW <i>Evalyn Greb, LCSW will discuss how to properly assess your situation for you and your loved one as it is and help you understand how to prepare for the future care of your loved one. Learn about the importance of having a plan in place in order to avoid crisis situations.</i></p>
<p>Tuesday, August 28th</p>	<p>Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona) 9:00 am</p>	<p>Dementia: Effective Communication Strategies with Russell Gainer, LCSW <i>We will explain the communication changes that take place throughout the course of the disease, decode the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person, and identify stages to connect and communicate at each stage of the disease. Specific focus will attend to dealing with the strong personality and dementia.</i></p>



A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free