


Date Time Topic A LEADING VOICE FOR CAREGIVERS

Wednesday, December 4th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	La otra cara de la Navidad cuando eres cuidador de un familiar con Letty Guzman-Sanchez <i>La Navidad es sinónimo de alegría, reencuentro, fiestas, comidas y regalos pero la realidad es que estas celebraciones pueden ser días de dificultades, agotamiento e incluso tristeza para familiares que cuidan a un ser querido enfermo. Es importante prepararnos para estas fechas y poner en práctica algunos consejos útiles para lograr equilibrio y serenidad durante estas fechas y de esta manera disfrutar de la temporada decembrina.</i>
Thursday, December 5th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Communication Tips for Alzheimer's and Dementia with Ginny Funk <i>Alzheimer's disease and other dementias gradually diminish a person's ability to communicate. Communication with a person with Alzheimer's requires patience, understanding and good listening skills. There are strategies that can help both you and the person with dementia understand each other better.</i>
Monday, December 9th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Caregiving and the Holidays: Changing It Up with Zanda Hilger <i>Annual session on surviving and thriving during the holidays as you juggle your caregiving responsibilities with the holidays. The speaker will share the experiences of other caregivers about self care, listening to your loved's wishes, family gatherings, and other challenges. Listeners will be able to explore how to make the most of the coming weeks. **Sponsored by the North Central Texas Caregiver Teleconnection**</i>
Thursday, December 12th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy with Lucy Barylak, MSW <i>With the holidays approaching, it can get even more stressful at times trying to balance everything. Dear Lucy will be discussing how to make it through the holidays and still maintain balance. This is an interactive session where Dear Lucy will answer questions and have a conversation with caregivers regarding the issues they face in their caregiving journey.</i>
Wednesday, December 18th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Take Your Oxygen First! with Dr. James Huysman, PsyD, LCSW <i>Dr. Jamie Huysman, LCSW, CAP has been a fierce advocate for family caregivers, their rights, and wellbeing for over 15 years. Since 2009, "Take Your Oxygen First" has been an ever-evolving call to action for caregivers to engage in taking care of themselves their own sakes, as well as that of their loved ones. This motivational and informative session will give you necessary tools for you apply to your caregiving journey right now.</i>