

FEBRUARY 2012 EVENTS

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

~ Family Caregiver Support Groups & Educational Trainings ~

ALZHEIMER'S

WHEN: Tuesday, February 7th
TIME: 6:00 p.m.
WHERE: Y.W.C.A.
ADD.: 4601 Corona Drive; Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: Thursday, February 16th
TIME: 10:30 a.m.
WHERE: Lexington Place Nursing & Rehab
ADD.: 1661 West Yoakum; Aransas Pass
PHONE: (361) 758-7686

WHEN: Tuesday, February 21st
TIME: 10:00 a.m.
WHERE: Uresti Senior Assistance (USA)
ADD.: 830 West King Street; Kingsville
Portable building across from USA office
PHONE: (361) 592-5262 or (361) 438-7026

Facilitations are provided by:

THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

a program of the:



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



GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN ~ GRRC ~

WHEN: Tuesday, February 14th & 28th
TIME: 10:00 a.m. — 11:00 a.m.
WHERE: Greenwood Senior Center
ADD.: 4040 Greenwood Drive; Corpus Christi
PHONE: (361) 826-1368

WHAT: Southside GRRC Support Group
WHEN: Thursday Mornings @ 8:00 a.m.
WHERE: Smith Elementary Parent Room
Portable Building (along Nile)
ADD.: 6902 Williams; Corpus Christi
PHONE: (361) 878-2769

PROVIDER TRAINING CLASSES

WHEN: Wednesday, February 8th
TIME: 9:00 a.m. — 5:00 p.m.
WHERE: Area Agency on Aging
ADD.: 2910 Leopard Street; Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743
MISC.: Please register 1 week prior to class!

For additional information contact:

~ **FELIPA LOPEZ WILMOT** ~

Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153

Toll Free: 1-800-817-5743

E-mail: felipa@cbcogaaa.org

The Area Agency on Aging is funded in part by the Texas Department of Aging and Disability Services

PROVIDER TRAINING CLASSES

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~ FEBRUARY CLASS ~

Wednesday, Feb. 8th

9:00 a.m. ~ 5:00 p.m.

FREE 8 HOUR “CARE PROVIDER TRAINING”

TEACHES THE BASIC SKILLS TO ENHANCE & PROMOTE

~ 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 * Certificates of completion will be awarded at end of class *

For additional information contact:

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COASTAL BEND CAREGIVER TELEPHONE LEARNING SESSIONS

Month	Date	Time	Topic
February	Tues., Feb. 7th	7:00 p.m.	<u>ADULT PROTECTIVE SERVICES: "BEHIND THE CURTAIN"</u> with JoAnn Molina-Tobias, Regional Director Adult Protective Services Texas Dept. of Family & Protective Services
February	Tues., Feb. 28th	12:00 noon	<u>"HOW WILL I KNOW"</u> <u>TIPS ON WHEN TO CONSIDER CARE IN A LONG TERM CARE FACILITY</u> with Patty Ducayet, State Long Term Care Ombudsman

For more information, visit our website at:
www.caregiverteleconnection.org
 or call Toll Free: 1-866-390-6491

Facilitations Provided By:



Community Stress-Busting Program for Family Caregivers



Help for Family Caregivers

INFORMATION:

Who: Family caregivers of a loved one with dementia

What: Program meets

- 90 minutes/each week
- 9 week session
- group of up to 8 people

Confidential

Supportive

**Trained
Caring Facilitators**

MATERIALS PROVIDED

- Do you provide care for a loved one with Alzheimer's disease or dementia?

~ YOU ARE NOT ALONE ~

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- These basic skills can reduce daily stress in your life

FOR MORE INFORMATION PLEASE CALL:

~ FELIPA WILMOT ~

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