

CAREGIVERS

2350 Scenic Drive, Venice, FL 34293 • 941.584.0071 • friendshipcenters.org

Caregiver Resource Center The Caregiver Resource Center at 2350 Scenic Drive, Venice is a community resource center open to caregivers without charge. Educational programs, compassionate support, and access to a wealth of information of special interest to anyone caring for a loved one are available at this “one stop single point of entry” for caregivers. Dell computers provide easy access to online assistance and a staff of caring, experienced volunteers is available to help from 10 a.m. - 3 p.m., Monday through Friday. **To register for classes call Kathleen at 584.0050**



DECEMBER, 2011

PROGRAM HIGHLIGHTS

POWERFUL TOOLS FOR CAREGIVERS

COMING IN JANUARY! Pre-registration is required and class size is limited.

A 6-week series to help unpaid family caregivers take care of themselves while caring for a relative or friend. Caregivers develop self-care tools to reduce personal stress, communicate their needs effectively, deal with difficult emotions, and make tough caregiving decisions.

LET'S LEARN TO RELAX!

Tuesday, December 6, 9:30 a.m.-1:00 p.m. Caregivers—do you have aches and pains because of tension and worry? Join Dorothy Kellum, LMT and learn about reflexology, ways to relax and decrease stress levels. Hands on techniques provided. By appt. Call 584.0050.

KEEPING OUR LOVED ONE SAFE

Monday, December 12, 10:00 a.m.-11:00 a.m. Is your loved one anxious when you are “out of sight”? Do they follow you around the house? They have the potential to be an exit-seeker. Project Lifesaver provides a wristband or ankle radio transmitter that can locate an individual within minutes instead of hours. Join Martha Bohn from the Sarasota Police Dept.

TIPS AND STRATEGIES TO REDUCE HOLIDAY STRESS

Tuesday, December 13, 10:00 a.m.-noon The holidays can be a stressful time for everyone. Coping with a loved one who has dementia can be very challenging. Join Pam Polowski, Program Specialist from the Alzheimer's Association to learn methods of handling holiday stress.

PET FIRST AID

Thursday, December 15, 10:00 a.m.-noon Caregivers—what would you do if your pet stopped breathing? What if they were choking? Could you make a splint if your pet injured themselves? Could you stop a bleeding wound? Would you know what to do if your pet had a seizure? Learn this and much more by participating in the Pet First Aid Class. If you own a pet...YOU need this class! Facilitated by Kays-Ponger & Uselton Funeral Homes and Cremation Services.

*WE WILL BE CLOSED
DECEMBER 23 THRU 26
FOR THE HOLIDAY*

When times change, we are here to help.

Senior Friendship Centers CRC





“A TIME FOR CARING”

Our Caregiver Resource Center Sponsorship Program enables us to continue to provide services at the Caregiver Resource Center. A \$75 sponsorship will provide one day of programs. Multiple days are available. It is a wonderful opportunity for you to become an exclusive sponsor for the time chosen—perhaps an anniversary date or loved ones’ birthday.

A special” thank you” to our last month’s Sponsors:

****Home Instead Senior Care—Silver Sponsor****

Anne Collins

******Bella Vita—Gold Sponsor******

CAREGIVER SUPPORT GROUP

• **Tuesdays, 2 p.m.**, The Living Room Adult Day Services Lanai. The program is offered in conjunction with Alzheimer’s Association. Call facilitator Kathleen Simonds, 584.0050 for details.

FREE MEMORY SCREENINGS--NEW TIME!

Sarasota Memorial Hospital Memory Disorder Clinic offers Free Memory Screenings at Senior Friendship Centers, 2350 Scenic Drive, Venice, the first Wednesday of each month from 1:00 p.m.-3:00 p.m. Call 917.7197 for an appointment.

NORTH PORT LIBRARY SEMINARS

The Senior Friendship Centers Caregiver Resource Center - Venice is now providing educational seminars at the North Port Library, 13800 Tamiami Trail, North Port.

KEEPING OUR LOVED ONE SAFE

Friday, December 2, 10:00 a.m.-11:00 a.m.

Is your loved one anxious when you are “out of sight”? Do they follow you around the house? They have the potential to be an exit-seeker. Please do not wait until it happens! Project Lifesaver provides a wristband or ankle radio transmitter that can locate an individual within minutes instead of hours. Scholarships are available. Join Martha Bohn from the Sarasota Police Department as she explains the program.

WHEN IS IT TIME FOR PLACEMENT

Friday, December 16, 10:00 a.m.-noon

There is never a “perfect” time for placement, but understanding how to evaluate your situation helps you make an educated decision. Join Pam Polowski from the Alzheimer’s Association as she provides some guidelines.

Supporting Organizations

AARP-Florida
A Better Solution
All Faith’s Food Bank
All Pro Home Health, LLC
All Stat Home Health
Alzheimer’s Assn. Gulf Coast Chapter
Arden Courts
Aston Gardens at Pelican Point
Bella Vita
Brightstar of South Sarasota
Cancer Support Community
Clare Bridge of Venice
Coastal Care Nursing
ComForcare Senior Services
Comfort Keepers
Custom Care Management
Dorothy Kellum, LMT
Englewood Community Hospital
Farley Funeral Homes/Venice
Gulf Coast Community Foundation
Habitat for Humanity
Harbor Chase of Venice
HealthSouth Rehabilitation Hospital
Home Instead Senior Care
Hospital Volunteers of Venice
Jacaranda Trace
Jewish Family & Children’s Service
Kays-Ponger & Uselton Funeral Home
Manor Care of Venice
Mary’s on Bayshore, Inc.
Mark Mazzeo, Attorney-At-Law
Mederi Caretenders
National Cremation Society
Nursing Resources
Omni Home Care
Perfect Solutions for Seniors, Inc.
Personal Choices, Inc.
Physician House Calls of Venice
Quality Health Care Center
ResCare Home Care
Right At Home
S.L.C. of Sorrento
Sarasota County Libraries
Sarasota Memorial Hospital
Memory Disorder Clinic
Senior Helpers
Senior Home Care
Senior Options & Solutions
Senior Relocations
Silver Line Elder Transport
Sunset Lake Village ALF
Take Care Private Duty Home Health
The Ride
The Windsor of Venice
Tidewell Hospice
Timothy John Ryan, Attorney-At-Law
Venetian Gardens at Chestnut Creek
Venice Area Chamber of Commerce
Venice Regional Medical Center
Dept. of Rehabilitation
Village on the Isle
Village Pharmacy
Visiting Nurse Association of Florida
WENG Radio

