

### EDUCATION/WELLNESS SERIES DECEMBER, 2011

The Caregiver Resource Center at the Brother William Geenen Living Room in Sarasota is a community resource center open to all Sarasota County 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 resource" for caregivers. New Macintosh computers provide easy access to online assistance and caring, experienced volunteers on hand provide assistance from 9 a.m. to 2 p.m. **Tuesday, Wednesday and Thursday.**



1820 Brother Geenen Way  
941.556.3268  
Hours: 9 a.m. – 2 p.m.  
And by Appointment: 556.3270

### ONGOING PROGRAMS

**PLEASE REMEMBER TO RSVP FOR ALL EDUCATIONAL PROGRAMS. THE CRC WILL BE CLOSED ON FRIDAY, DECEMBER 23<sup>RD</sup>, MONDAY, DECEMBER 26<sup>TH</sup> AND MONDAY JANUARY 2<sup>ND</sup>.**

**OFF HIATUS! THE EVENING CAREGIVER SUPPORT GROUP**, is meeting Tuesdays from 6-7 p.m. Questions? Call 556.3268 This is a general caregiver support group, not diagnosis specific.

#### **NEW CAREGIVER SUPPORT GROUP, Wednesdays from 10:00 am -11:00 am**

North Sarasota County Library. 2801 Newtown Blvd. Facilitated by Carl Stephens and Paula Falk.

**CAREGIVER SUPPORT GROUP, Thursdays, 10 - 11:30 a.m.** For caregivers of loved ones with Alzheimer's or Dementia-related diseases. Meeting will be held in the CRC. In conjunction with the Alzheimer's Association.

**WEEKLY PROGRAM: JOURNALING GROUP, Fridays, 1 - 2:30 p.m.** This program is facilitated by Gail Hirsch Ed.D. Learn to use this powerful tool to explore and express feelings and to heal. Participants are asked to bring their own journal/tablet Please contact Paula at 556.3270 to register.

**FREE MEMORY SCREENINGS, Monday December 12, 2011 2- 4 p.m.** Sarasota Memorial Hospital Memory Disorder Clinic offers Free Memory Screenings at Senior Friendship Centers' Caregiver Resource Center, 1820 Brother Geenen Way. Call the Memory Disorder Clinic at 917.7197 to schedule an appointment.

**PARKINSON'S CARE PARTNER SUPPORT GROUPS;** Two groups, one for Parkinsonians, one for care partners, both meet on the fourth Monday of the month. **THERE WILL NOT BE A MEETING IN DECEMBER.** Call Paula Falk, 556.3270 for details.

#### **HISPANIC CANCER SUPPORT GROUP**

Facilitated by Brenda Gonzales, LCSW. Brenda is a bilingual counselor with The Cancer Support Community. For additional information call Brenda at 941.661.3964. **December meeting will be held at the Cancer Support Community.**

**CAREGIVING OUTREACH** Find caregiver information and support Mondays @ Gulf Gate Library 7112 Curtiss Ave .from 10:00 am – 12:00 p.m.

#### **NEW OUTREACH LOCATIONS**

The 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month @ Goodwill Industries  
1781 Doctor Martin Luther King Way from 10:00-11:30 AM

The 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month @ North Sarasota County Library  
2801 Newtown Blvd. from 3:00-5:00 PM



**When times change, we're here to help. 941-556-3268**

1888 Brother Geenen Way, Sarasota, FL 34236 • 941-556-3268 • [friendshipcenters.org](http://friendshipcenters.org)

### **ABC Class (Alzheimer's Basic Course)**

**Friday, December 2, 10:00 AM-12:00 PM**

This program is made available through the Alzheimer's Association. Pam Polowski, Program Specialist will be presenting. This educational program is a must for individuals caring for a loved one with the diagnosis of Alzheimer's or a Dementia related disease.

### **Ethical Wills - Giving the Gift of Yourself to Others**

**Thursday, December 8, 2011 1:00 PM – 2:00 PM**

Presented by John T. Griffin, Esquire  
Griffin and Griffin

Leaving behind a clear statement of your personal philosophy, morals, values, beliefs and memories can be the most precious gift you can give to your family or friends, and can be equally rewarding for yourself. An Ethical Will is a non-legal document that is intended to convey to your family and friends your most valuable possession, which is your wisdom and experience. This program is intended to help further your understanding of Ethical Wills as well as to help you get started on the rewarding path of creating your own Ethical Will.

### **Alzheimer's Association Candlelight Vigil – December 14, 2011 from 5:00PM – 7:30 PM**

You are invited to attend this program sponsored by the Florida Gulf Coast Chapter of the Alzheimer's Association. The program, beginning at 5:30 PM honors those whose lives have been affected by this disease. RSVP to the Alzheimer's Association at 365-8883. Reception to follow. This program will be held at The Senior Friendship Center Sarasota Campus, 1888 Brother Geenen Way.

### **Sign up now for 2012 classes- Powerful Tools for Caregivers a**

*highly interactive educational series for family caregivers developed by Legacy Health System.* Sponsored by Senior Choices of Southwest Florida and The Florida Department of Elder Affairs, facilitated by certified leaders.

A 6-week course to help:

- Reduce personal stress, change negative self talk
- Communicate needs to other
- Deal with difficult emotions
- Cope with life challenges such as working through alternate housing options, safety issues, and financial obligations.

Participants completing the course have reported:

- Increased exercise and relaxation overall
- Improved emotional wellbeing, reduced anger, guilt and depression
- Increased self confidence in coping with caregiving demands
- Increased use of community resources.

**Tuesday, January 10 – February 14 12:30 -3:00 PM or**

**Monday, February 6 – March 12 from 10:00 AM – 12:30 PM**

To learn more please call Paula Falk @ 556-3270. **RSVP required**

- Interested in an evening Powerful Tools Class??? These classes are 90 minutes/week for 6 weeks. Call Paula @ 556-3270

### **CRC Supporting Organizations**

AARP-Florida  
A Better Solution of Sarasota  
ACE Homecare  
Alderman Oaks  
All Stat Home Health, Inc.  
Alzheimer's Association Gulf Coast Chapter  
American Eldercare Inc.  
Arden Courts  
Bach Elderlaw  
Bahia Oaks Lodge  
Beneva Lakes Healthcare & Rehabilitation  
Boyer & Jackson, PA  
Bright Star of South Sarasota  
Caretenders Home Health  
Care Plus Home Health/Metro Nursing  
Clare Bridge, Sarasota  
Coastal Care Nursing  
Comfort Keepers  
Doctors Hospital of Sarasota  
Farley Funeral Homes/Venice  
Memorial Gardens  
Gentiva Home Health  
Granny Nannies  
Griffin & Griffin Elder Law  
Hanson Services, Inc.  
Healthcare News Brief/CareGiving made Easy  
HealthSouth Rehabilitation Hospital of Sarasota  
Heron House  
Home Instead Senior Care  
Horizon Bay Retirement Living  
Institute for Creative Growth, LLC  
Jewish Family & Childrens Service  
Law Office of Ira Steward Wiesner  
Manor Care Sarasota  
Palmer Ranch Assisted Living & Memory Care  
Perfect Solutions for Seniors, Inc.  
Proeger & Associates, Inc.  
Right Accord Health Staffing, LLC  
Right at Home  
Roskamp Institute  
Sarasota Memorial Home Care  
SMH Memory Disorder Clinic  
Sarasota School of Massage Therapy  
Senior Choices of Southwest Florida  
Senior Crossroads of Florida, Inc.  
Senior Home Care  
Senior Home Companions, Inc.  
Senior Moves  
Silver Line Transport  
Stroke Association of Florida  
Take Care of Sarasota, Inc.  
The Cancer Support Community  
Tidewell Hospice  
Visiting Nurse Association  
Waterside Retirement Estates  
And the generous support of:  
United Way of Sarasota County  
Sarasota County Aging Network  
Bob Harris in memory of his wife, Dolores  
Cook's Design Studio  
Dwight and Kay Nissly,  
Dennis and Priscilla Heindel Donor  
Jerome and Mildred Paddock Foundation  
Wilson Wood Foundation