

EDUCATION/WELLNESS SERIES

JULY 2010



About the Caregiver Resource Center

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. Monday through Friday.

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**.

EVENING CAREGIVER SUPPORT GROUP, Tuesdays, 6 - 7 p.m. The Sarasota CRC offers this weekly evening support group for Caregivers. Facilitated by Paula Falk, Director of CRC and Jane Johnson MSW. Questions? Contact the CRC at 556.3268.

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 co-facilitated by Paula Falk, Director of the Caregiver Resource Center and Gail Hirsch. 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, Second Monday each month, July 12, 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 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, July 26, 1:30 - 3 p.m. Call Paula Falk, 556.3270 for details.

HISPANIC CANCER SUPPORT GROUP, NOTE TIME & DATE: Tuesday, July 27, 4:00-5:30p.m. The group addresses how to deal with the stress and complications of cancer. Facilitated by Brenda Gonzales, LCSW. Brenda is a bilingual counselor with The Wellness Community. For additional information contact Brenda at 941.661.3964.

PATHWAYS TO ENGAGEMENT CAREGIVING OUTREACH
Find caregiver information and support
Please Note Summer Dates are every other Monday
July 12 and July 26 @ Gulf Gate Library 10:30 -12:30 p.m.



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

1888 Brother Geenen Way, Sarasota, FL 34236 • 941-556-3268 • friendshipcenters.org

JULY HIGHLIGHTS

ABC CLASS (ALZHEIMER'S BASIC COURSE) Friday, July 2,10 – 12 p.m.

Facilitated by Pam Polowski, Program Specialist Alzheimer's Association
This educational program is offered through the **Alzheimer's** Association and is a must for individuals caring for a loved one with the diagnosis of Alzheimer's or a Dementia related disease.

TIPS and STRATEGIES TO PREVENT CAREGIVER BURNOUT

Thursday, July 8, 1-2 p.m.

Facilitated by Lynn Clement, RN MS Director of Nursing at BrightStar of South Sarasota. Come learn a few simple strategies to reduce your risk of caregiver stress and burnout. Lynn will lead you in a discussion and offer simple techniques to preserve your emotional and physical health.

Get Mom Moving Thursday, July 15, 1-2 p.m.

Facilitated by Melinda Diamond, Community Service Representative Home Instead Senior Care
Too hot to be active? We've got cool activities for mind, body & spirit that will keep **Mom** or **Dad** engaged.

FIVE WISHES, Thursday, July 22, 1-2 p.m.

Facilitated by Paula Falk Director CRC/ADS Senior Friendship Centers

What is "Five Wishes"? How do you want to be treated if you are seriously ill and unable to speak for yourself? Learn how "Five Wishes" can help you and your family.

Stop Stroke Before It Stops You, Thursday July 29, 1-2 PM

Facilitated by Holly Dykema, Program Director, Stroke Association of Florida
Don't let stroke knock you down – attend this program to learn how to prevent stroke and to act F.A.S.T. if stroke strikes

MARK YOUR CALENDAR

Please note, the Caregiver Resource Center will be closed on Monday, July 5 in honor of the Independence Day Holiday.

ARE YOU CARING FOR A LOVED ONE AT HOME?

Attend the CARE program to help you successfully accomplish this goal.

Thursday August 10th, 12th, 17th and 19th from 12:30-4:00 PM

Participants are asked to attend all four sessions.

The CARE Program is designed to provide caregiving individuals and family members FREE comprehensive education. This 4 part series will enable caregivers to provide enhanced care for their loved ones while better maintaining their own emotional and physical health and well-being. To register or for more information CALL 556-3250. Refreshments provided by Heron Communities.

Sponsored by The Area Agency on Aging, Lee Memorial Health System, The Department of Elder Affairs, Alvin A. Dubin Alzheimer's Resource Center and Senior Friendship Centers.

VOLUNTEERS NEEDED

If you are looking to make a difference in the lives of caregivers in Sarasota, WE WANT YOU!!

Senior Friendship Center's Caregiver Resource Center & Pathways To Engagement Program (our volunteer caregiver education initiative), both are seeking volunteers. We understand the need for volunteers to choose their area of service, to have flexible hours, to be passionate about what they do and to have opportunities for personal growth. If you are interested in learning new skills, helping your community, finding your path to service, and being a friend of caregiving call Nancy Hobson at 941.556.3245 or email her at nhobson@friendshipcenters.org.

Caregiver Resource Center Supporting Organizations

AARP-Florida
A Better Solution of Sarasota
Alzheimer's Association Gulf Coast Chapter
Bahia Oaks Lodge
Arden Courts
Area Agency on Aging for Southwest FL, Inc.
Bach Elderlaw
Beneva Lakes Healthcare & Rehabilitation
Boyer & Jackson, PA
Caretenders Home Health
Care Plus Home Health/Metro Nursing
Clare Bridge, Sarasota
Coastal Care Nursing
Comfort Keepers
Farley Funeral Homes/Venice
Memorial Gardens
Gentiva Home Health
Granny Nannies
Griffin & Griffin Elder Law
Harmony Healthcare & Rehabilitation/Pavillion
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
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
Sarasota Memorial Hospital Memory Disorder Clinic
Sarasota School of Massage Therapy
Senior Home Care
Senior Home Companions, Inc.
Senior Moves
Silver Line Transport
Take Care of Sarasota, Inc.
The Wellness 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 loving memory
of his wife, Dolores
Ron & Margaret Cook,
Cook's Design Studio
Marcia Nicholson
Dwight and Kay Nissly,
The Painting People
Dennis and Priscilla Heindel Donor
Advised Fund
Jerome and Mildred Paddock Foundation
Wilson Wood Foundation