



What's Happening at the CRC...

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 interest to anyone caring for a loved one are available at this "one-stop resource" center. Macintosh computers provide easy access to online assistance and caring, experienced volunteers provide assistance from 9 a.m. to 2 p.m. Monday through Friday, or by appointment - contact Paula Falk at 556-3270.

Ongoing Programs

EVENING CAREGIVER SUPPORT GROUP, Tuesdays, 6 - 7 p.m. The Sarasota CRC offers this evening weekly 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, March 8, 2-4 p.m. Sarasota Memorial Hospital Memory Disorder Clinic offers Free Memory Screenings at the CRC. Call 917-7197 for an appointment.

HISPANIC CANCER SUPPORT GROUP, note time & date change: Wednesday, March 24, 12 - 1:30 p.m. Dealing with the stress and complications of cancer, facilitated by Brenda Gonzales, LCSW., a bilingual counselor with The Wellness Community. For more information call Brenda at 941.661-3964.

PARKINSON'S CARE PARTNER SUPPORT GROUPS Two groups, one for Parkinsonians, one for care partners, both meet on the fourth Monday of the month, March 22, 1:30 - 3 p.m. Call Paula Falk, 556-3270 for details.

PATHWAYS TO ENGAGEMENT CAREGIVER OUTREACH Caregiver information and support on Mondays at Gulf Gate Library Mondays, 10:30 a.m. -12:30 p.m.



SECOND ANNUAL TEE IT UP FOR THE CRC MAY 7 at Heritage Oaks Golf & Country Club. Grab your golfing buddies and get ready for a great day on the links! Sponsorships & tee signs available. \$100 registration includes golf, goody bag and certificate for a round of golf for four. Call 556.3270 for details!

CAREGIVERS

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

March Highlights

Thank you to all who made The Sarasota Caregiver Resource Center 2nd Anniversary Open House a Success!

Supporting Organizations: Arden Courts, Bahia Oaks Lodge, Heron House, Horizon Bay and Palmer Ranch Health and Rehabilitation, and Special Thanks to the participants of the Living Room Cooking Group for their delicious contribution!

TAKE TIME FOR YOURSELF Thursday, March 4 and Monday, March 8 Chair Massages (15 minutes), provided by Sarasota School of Massage Therapy students under the supervision of a faculty of SSMT. Please call 556.3268 to schedule your appointment. Appointments begin at 1:30 p.m.

LONG TERM CARE DIVERSION PROGRAM, WHAT IT IS AND DO I QUALIFY? Thursday, March 4, 1- 2 p.m. Please join us for an explanation of this program, the range of services provided, cost and eligibility requirements will be addressed. Facilitator, Linda Loudin, Provider Relations Specialist, American Eldercare Inc.

ABC CLASS (ALZHEIMER'S BASIC COURSE) Friday, March 5, from 10 a.m. – noon. Offered through the Alzheimer's Association and presented by Program Specialist Pam Polowski, this educational program is a must for individuals caring for a loved one with the diagnosis of Alzheimer's or a Dementia related disease.

TEN FINANCIAL TIPS CAREGIVERS NEED TO KNOW, Thursday, March 11, 1-2 p.m. Learn how to break down the financial stresses associated with being a caregiver, and make the details of organizing your life, simplified. Presented by Rebecca Mitchell Owner of Details, Details, LLC

OVERWHELMED BY THE RESPONSIBILITIES OF CARING FOR A LOVED ONE? The Caregiver Assistance and Regional Education (CARE) Program offers family caregivers comprehensive education, individual counseling, and emergency planning information. Participating caregivers will learn how to provide enhanced care to their family members, while maintaining their own emotional and physical well-being. Join us for the 4- part series March 16,18, 23 and 25 from 12:30 p.m.- 4 p.m. Educational materials provided. Refreshments served. To RSVP call 556.3268 Participants must attend all 4 sessions. Sponsored by the Area Agency on Aging for Southwest Florida, Inc, Hope Hospice and Community Services, Lee Memorial Health System, Department of Elder Affairs, Alvin A. Dubin Alzheimer's Resource Center, and Senior Friendship Centers.

THE ART OF CAREGIVING WORKSHOP, Wednesday March 17, 10-11:30 a.m. Facilitated by Poppy T. Scheibel, MS.ATR. Participants will have an opportunity to use this creative workshop to recognize commonalities in a non-judgmental supportive space, and will explore a step by step guide to extracting their own creative abilities.

Mark Your Calendar

NATIONAL HEALTHCARE DECISIONS DAY: "TAKING CHARGE OF YOUR HEALTH CARE DECISIONS" Friday, April 16 from 10 a.m.- noon at Neel Performing Arts Center at State College of Florida (formerly MCC) 5840 26th Street West, Bradenton, Florida RSVP by April 12, 2010 by calling 917.1779. The program is free. 2 CE/CME contact hours available for \$10 for professionals.

Caregiver Resource Center Supporting Organization

AARP-Florida
A Better Solution of Sarasota, Inc.
Alzheimer's Association Gulf Coast Chapter
Bahia Oaks Lodge
Cindy Auchter LCSW
Arden Courts
Area Agency on Aging for Southwest FL, Inc.
Beneva Lakes Healthcare & Rehabilitation
BettySays.com
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
Fifth Third Bank
Gentiva Home Health
Granny Nannies
Griffin & Griffin Elder Law
Harmony Healthcare & Rehabilitation/Pavillion
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 and Palliative Care
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