***Caregiver Conversations*** *are designed to be small group gatherings for family and other non-paid caregivers. These groups provide opportunities to share caregiving experiences and learn about evidence-supported information, resources and strategies in discussion, and question/answer format.*  *These classes are open to caregivers; however,* ***please email Nora at nora.gravois@wellctr.org prior to attendance due to limited size and space.***

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| **2nd Tuesday** | **10-11:30** | **Wylie Community Park Sr Center, 800 Thomas Street, Wylie** |
| **3rd Tuesday** | **10-11:30** | **Allen: Cottonwood Creek Church, 1015 SH 121 N, Allen** |
| **4th Tuesday** | **1-2:30** | **Sunrise Senior Living, 4800 W Parker Rd, Plano** |
| **Wednesdays** | **CONSULT REQUIRED** | **Plano: Sam Johnson Sr Rec Center, 401 W 16th St, Classroom #2** |
| **Limited Space Available for these Dementia Specific Groups; email Nora at** **nora.gravois@wellctr.org** **for more information** |
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| **Memory Café on 4th Monday of each month 1 pm:**  offers a facilitated opportunity for socialization that encourages individuals in early to early- mid stages of any Dementia type and a non-paid caregiver to enjoy a fun activity together while experiencing support and education at the same time. *Prior consultation with counselor is required before attending; A waiting list is maintained due to limited space. Please call 972-953-7669 to schedule an appointment.*  |
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| HF Community Education - Home ***Caregiver Education Classes*** are designed to provide information, resources, programs, and caregiver support in lecture format to help navigate the challenges of growing older and caregiving for a loved one. T*hese classes include a variety of topics regarding Senior Supports, Aging, and Caregiving; and are open to anyone.* ***Please register at your preferred location so that adequate resource information and handouts are available****. \*Class descriptions are noted on the back.*  |

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| ***Please See Monthly Calendar for Specific Dates & Locations - Classes WON’T MEET on Highlighted Dates or during Inclement Weather*** |
| **1st Tuesday** | **10-11:30** | **Plano: Sam Johnson Sr Center, 401 W16th St, Plano; Classroom # 3** |
| **1st Tuesday**  | **1-2:30** | **Plano: Repeat earlier class - Sam Johnson Sr Rec Center, 401 W 16th St, Plano, class #3** |
| **3rd Tuesday** | **1-2:30** | **Allen: Allen Senior Center, 451 St Mary Drive, Allen** |
| **4th Tuesday** | **1-2:30** | **Plano: Resource Round Table at Sam Johnson Sr Rec Center, 401 W 16thSt, Plano, Class #1** |
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| **Month Topics re: Impact of Caregiving & Aging (descriptions on back)** |
| Sept | Dementia 101: A General Overview of “What Is Dementia?” |
| October | Dementia Specific Strategy: A Best Friend’s Approach to Dementia Care (David Troxel & Virginia Bell) |
| Nov | Dementia, Dignity & Distraction: Practicing Dignity and Distraction in Dementia Specific Strategies |
| Dec | Where One Ends – Another Begins: Reflection of End of Year Experiences and Beginning of Year Goals |
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| ***See the Monthly Calendar for specific dates & locations - Classes WILL NOT MEET on Highlighted Dates or During Inclement Weather -*** |
| **This class is available any time for community requests: Wellness Center for Older Adults – Your Living Well Factor:** *Our mission at The Wellness Center for Older Adults is to help seniors achieve their highest level of physical, mental, and spiritual well-being. Join us for a summary of services provided and an introduction into the stages of adult development that are experienced as we grow older. We will review models and tools that promote health & wellness, but you will also be challenged to define and practice your own Living Well Factor.*  |
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| **Mental Aerobics – Why?** *This class explores the importance of “saving your brain” and learning how to positively challenge, inspire, and exercise your brain. One of the challenges in adult development after the age of 50 is becoming stagnant in thinking, behaviors, movement, and engagement. This class reviews strategies to combat stagnation and purposely exercise the brain with mental challenges, brain games that encourage “out of the box thinking”, and the development of learning new skills to name a few. Mental Aerobics is an evidence-based program that utilizes current research and intentional exercises to save your brain.* |
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| **Nutrition & The Brain: What is Fueling Your Brain, Bottom & Body?** *This class explores the connection and correlations of health and what we feed our “selves” physically, emotionally, spiritually. What fuel pumping through your systems, and what can be done to perform better?.*  |
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| **Who’s Checking on Me? A Summary of Community Supports:** *Learning to navigate services, programs, and resources for seniors can sometimes be very difficult…the first challenge in successful navigation during this season of life is asking “who can help me with that”? This class introduces a beginning conversation about programs and services available to caregivers and seniors 50 and older, and regardless of any age if caregiving is being provided to a loved one with cognitive impairment.* |
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| **Getting Older Is Risky Business – Abuse, Neglect, & Exploitation Among Older Adults:** *This discussion explores circumstances, common experiences, and awareness of protecting older adults from the far too often experience of abuse, neglect, and exploitation in the “golden years”. Explore your own awareness of how you can protect yourself or others you love from those “gold diggers”.* |
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| **Purposeful Living: Engagement & Socialization Ideas:** *This class reviews the Stages of Human Development after Retirement years and common experiences of adults 65 and older. We will discuss healthy coping strategies for each of those stages and encourage the practice of intentional engagement and socialization not only for a person diagnosed with Dementia or other related memory loss, but also for the older adult who may be experiencing a caregiving role.* |
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| **Caring for the Caregiver-Finding Ways to Support the Caregiver:** *This class will look at the challenges that caregivers often experience due to the demands of providing care and supervision to a loved one. We will review things that can be done to help encourage caregivers, assistance to help reduce caregiver burden, strategies for anxiety reduction, practical suggestions for stress management, and improved coping skills within the value of self-care.* |
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| ***Gatherings &*****Safe Travel Considerations: AARP** *reports a large number of people over the age of 70 look forward to trips, exciting vacations, or day trips every year, but may experience a little more anxiety about those trips than in years past, due to aging related changes. This class explores pre-planning ideas, tips, and suggested safety awareness to keep in mind.*  |
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| **Dementia 101: A General Overview of What Is Dementia:** *Have you ever asked, “what’s the difference between Dementia and Alzheimer’s; what’s the impact of memory loss and just getting older; and what does “I’ve lost my memory actually mean?” Please join us for this introductory conversation about understanding forgetfulness vs memory loss due to cognitive impairment.*  |
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| **Dementia Specific Strategy – A Best Friends Approach to Dementia Caregiving:** *We will review the introductory concepts of a dementia specific approach to care giving for a loved one diagnosed with Dementia David Troxel and Virginia Bell’s research and evidence based practice of providing quality of life through the lens of engagement, validation, personal life experiences, and remembered stories is a proved method for approaching, and managing dementia disease progression.* |
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| **Navigating the Little Known- A Guide for Doc Talks:** *You’ve got a doctor’s appointment, and catch yourself asking: How do I take advantage of the precious few moments I might have with the Doctor? This class offers practical suggestions, tips, and information to help you make the most of limited time and conversations with your physician.* |
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| **Dementia, Dignity & Distraction:** *This class explores a positive approach to caregiving that identifies specific strategies for bringing Dignity into every caregiving experience for a person diagnosed with Dementia or other cognitive impairment. We will review skills of distraction, disease progression understanding, and recognition of nonverbalized needs.*  |
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| **Where One Ends – Another Begins: Mindful Reflection at End of Year and Facing Forward at New Year:** *Before setting New Year’s Goals, do you spend time reflecting on previous year experiences? This conversation will challenge us to practice mindful moments in gratitude, sorrow, and joy as this year ends and another begins.* |