

THE CAREGIVING PLACE:

*Care for your loved
one....support for
you*

The Caregiver Resource Centers and Adult Day Services at the Friendship Centers have been rebranded under one umbrella as the Caregiving Place to reflect the complementary services provided – support, education and respite for the caregiver, and a home away from home for the loved one facing cognitive or medical challenges.

With the help of our partnerships with The Patterson Foundation, No Margin, No Mission consultants and generous donors in the community, this project is a reality.

The central number for the Caregiver Resource Center is

941.556.3268

Monday-Friday
9am-3pm

SUPPORT GROUPS

Caregiver Support Group

Thursdays, 10 -11:30 am. Facilitated by Paula Falk. This group is for caregivers of loved ones with Alzheimer's or Dementia-related diseases. Offered in conjunction with the Alzheimer's Association.

Journaling Group

Fridays, 1- 2:30 Facilitated by Gail Hirsch, Ed.D. This group for caregivers uses short writing prompts about caregiving to explore and express feelings, share caregiving ideas and heal. **New participants are asked to contact The Caregiving Place at 556.3268 prior to attending this program.**

FREE MEMORY SCREENINGS

Wednesday, July 12 from 2-4 pm

Danielle Valery, BS, CDP, with the Memory Disorder Clinic of Sarasota Memorial Hospital will be offering memory screenings in the Caregiver Resource Center at the Caregiving Place, 1820 Brother Geenen Way. The Memory Disorder Clinic schedules these appointments, **please call 917.7197 to schedule your screening.**

Caregiver Therapy Group

Tuesdays from 10-11:30 am
Facilitated by Dr. Karel S. Cooperman, LMHC. The focus of this group is to help individuals deal with the transitions in their lives as a result of the caregiving journey. **Please contact Paula Falk at 556.3270 prior to attending the group.**

North Sarasota County Caregiver Advisory Committee invites you to a **Join the Conversation**, **Wednesday, July 26, 10:30-11:30 am.** This is an opportunity for caregivers to come together, ask questions, find solutions to the challenges they face and find support. Refreshments will be served. For questions, please call Paula Falk 556.3270. Sponsored in part by the Wilson Wood Foundation.

The Center will be closed:

Tuesday, July 4 for Independence Day!

[Like us on Facebook](#)

Are you on Facebook?

If you are, be sure to look up Friendship Centers and "Like" us or Follow our page!

We post great information about our Centers, including services, programs and activities. In addition, we offer tips on issues affecting older adults and provide resources for seniors and their families. We post news and in-the-minute updates on everything Friendship Centers ... you don't want to miss it! To find us on Facebook, log into your Facebook account and then open another window and type our website URL (www.friendshipcenters.org) into the search bar. Then when our website loads, click on our Facebook symbol on the blue bar at the top right of the website to find our page and "Like" us!

Do you receive "Friendship Matters" in your inbox each month?

If not, we invite you to sign up for our monthly electronic newsletter to get updates delivered right to your inbox.

Covering five counties served by Friendship Centers, the newsletter highlights news and activities not covered in our print newspaper, Prime Times (delivered in the Sarasota Herald-Tribune around the first of each month). Filled with photos and news from all our locations, it's a great way to stay in touch. And it's easy to sign up and share, too! Go to our website at www.friendshipcenters.org and click on the word "newsletter" in the blue bar at the top right to sign up.

Mindful Thought:

Be mindful. Be grateful. Be positive. Be true. Be kind.
- Roy Bennett

SUPPORTING ORGANIZATIONS

Alignment Health Care-FL Blue Preferred
Alzheimer's Association- Gulf Coast Chapter
Arden Courts
Autumn of Sarasota
Boyer and Boyer, P.A.
Bright Day Home Care
Brookdale Senior Living
Canada Med Services
Care Patrol
Center for Brain Health
Comfort Keepers
Dex Imaging
The Eye Associates
Granny Nannies
Gulf Coast Community Foundation
Harbor Chase of Sarasota
HealthSouth Rehabilitation Hospital of Sarasota
Hedges Health Mart
Home Care Assistance
Humana MarketPoint
Jewish Family & Children's Service
Life Planning Law Firm, PA, Kevin Pillion, Esq.
MaxHealth
Meridian Research
Poet's Walk, Memory Care Community
Purmont and Martin Insurance
Kelly Quigley, Realtor
Right At Home
Roskamp Institute
Sarasota Community Foundation
Sarasota County Aging Network
Savannah Grand
SMH-Comprehensive Rehab Unit
Senior Choices, Pat Zagony
Senior Crossroads of Florida, Inc.
Senior Home Companions, Inc
Senior Moves
Seniors Blue Book
Smart Hearing LLC
Southtech Solutions, Inc.
Sunrise Home Health
Tidewell Hospice
Wells Fargo Bank
Wilde Insurance Services
Wilson Wood Foundation

For Friendship Center sponsorship opportunities, please contact Jane Icely in the Development Department at 556.3215

CLASSES

ABC: Alzheimer's Basic Course

Monday, July 10, 10-11:30 am

The Caregiver Resource Center

Presented by Erin Killian, Program Specialist, Alzheimer's Association

This educational program is vitally important for those who are caring for a loved one with the diagnosis of Alzheimer's or another dementia related disease. The program provides information on diagnosis, causes and risk factors, the stages of the disease, treatments and much more.

Please mark your calendars for the Alzheimer's Association Educational Series that is held the first Friday of the month.

Future dates and topics include: **August 4-** Challenging Behaviors and **September 1-** Effective Communication

Assisted Living/Memory Care - How do I start, What do I look for, and What do I ask?

Thursday July 6, 1:00-2:00 pm

Caregiver Resource Center

Presented by Pat Zagony, CDP Senior Choices

This program will discuss what to expect when visiting an assisted living or memory care community. Presentation will include how you can narrow your search, the pricing and fee structures, as well as the questions you need to ask when touring a community. There will be time for Q and A.

Please RSVP at 556-3268



MindSet

Classes for Brain Fitness

and Early Stage Memory Loss

MINDSET is a series of four classes designed to help individuals and care partners manage early stage memory loss through research-based exercises. Classes offer strategies that help exercise the brain, create healthy habits through organization, and improve function in daily life. Participants are expected to attend all four classes. Program fee is \$25.00

Classes forming, please call 556.3268

Powerful Tools FOR Caregivers

This highly interactive educational series is a must for all family caregivers. This course will help to reduce personal stress, change negative self talk, enhance the ability to communicate needs to others, deal with difficult emotions and cope with life changes.

Class size is limited and participants are expected to attend all classes.

For future classes beginning July 19, please contact The Caregiving Place at 556.3268 to pre-register.

DAKIM

CAN MAKE A DIFFERENCE

With 10,000 people turning 65 everyday in America, the risks associated with memory loss and ultimately dementia is significantly on the rise.

Dakim's structured, evidence based program is helping people over 50, improve memory, attention, focus and concentration.

Dakim works out six parts of your brain in 20 minutes and it's fun too!

For further information Contact:

**Friendship Center Manager
Paige Giasson**

556.3265