

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.**

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, August 9, 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.

Young Onset Spousal Support Group

The diagnosis of young onset Alzheimer's disease can bring major changes to a relationship. This group connects you with others to discuss the challenges as well as to help manage your own needs.

Alzheimer's Foundation Of America
Free telephone based support group
Every Wednesday 4-5 pm (EDT)
Call 886.232.8484

*Do you receive
"Friendship Matters" to
your inbox each month?*

We invite you to sign up for our monthly electronic newsletter to have updates delivered directly to your inbox.

Five counties are served by Friendship Centers. "Friendship Matters" highlights news and activities not covered in our print newspaper, "Prime Times". The electronic newsletter is filled with photos and news from all our locations and it's a great way to stay in touch. For an easy sign up, go to our website at: www.friendshipcenters.org, click on the word "newsletter" in the blue bar at the top right to join.

Are you on Facebook?

As a member of Facebook, we invite you to look up Friendship Centers, "Like" us and follow our page.

We post information about our Centers which include services, programs and various activities. We also offer tips on issues pertinent to mature adults as well as resources for both members and their families. News is posted up-to the minute to keep you informed.

To find us on Facebook, log onto your Facebook account and then open another window and type: www.friendshipcenters.org into the search bar. When the website loads, click our Facebook symbol in the blue bar at the top right of the website to locate our page and "Like" us.

Mindful Thought:

Patience is both the tool for, and the result of our efforts.

—Allan Lokos

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

Challenging Behaviors

Friday, August 4, 10-11:30 am
The Caregiver Resource Center
Presented by Erin Killian,
Program Specialist, Alzheimer's Association

Behavior is a powerful form of communication and is one of the primary ways people with dementia communicate their needs and feelings as the ability to use language is lost. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Mark your calendars for the Alzheimer's Association Educational Series that is held the first Thursday of the month. **September 1** will be *Effective Communication*.

RESPITE

The Florida Lifespan Respite (FLRA) is a coalition of individuals and organizations with the issue of respite care in the state of Florida and FLRA is seeking to promote awareness about respite resources within the state.

In order to be better informed about the challenges Florida caregivers face, FLRA is asking those interested to complete the Respite Needs Assessment at: <https://www.surveymonkey.com/r/KKQNTVP>. The survey is anonymous, your completion will help promote the improvement and expansion of respite care resources.



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 for the fall, please call 556.3268

Powerful Tools FOR Caregivers

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

Participants are expected to attend all classes. Class size is limited and pre-registration is required.

Classes will be forming, call **556-3268** if interested.

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