

**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 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 changes and transitions in their lives as a result of the caregiving journey. **Please call The Caregiving Place at 556.3268 prior to attending the group.**

**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.

**The Right Products Preserve Dignity**

**Thursday, November 29, 2018**

**11:30-12:00 am**

**Caregiver Resource Center**

**Presented by Juli L. Wolf**

**Tye Medical**

Good incontinence products that prevent accidents, provide comfort and a good fit will be reviewed. It is all about a product that preserves dignity and allows a sense of independence.

**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.**

**Join the Conversation**, through the Friendship Center Dining Site at The Robert Taylor Community Complex, 1845 34<sup>th</sup> St., Sarasota on **Wednesday, November 14, 10:30-11:30 am**. This is an opportunity for caregivers to come together, ask questions, share solutions to their challenges, find fellowship and support. Refreshments will be served. **Any questions, please call Paula Falk at 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.

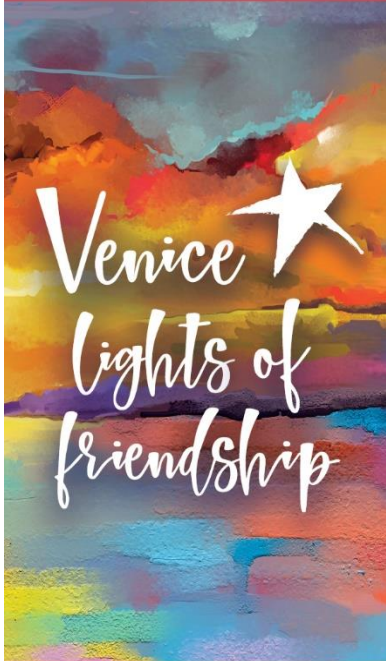
**Alzheimer's Foundation Of America**

**Free telephone based support group**

**Every Wednesday 4-5 pm (EDT)**

**Call 886.232.8484**

Save the Date  
Thursday,  
December 13, 2018



Venice  
Lights of  
friendship

Venice Yacht Club  
1330 TARPON CENTER DRIVE

5:30 pm

**Honoring**

David Pierce, Business  
Development Director,  
Venice Chamber  
of Commerce

**Honorary Chairs:**

Dr. Richard & Carolyn Beebe,  
Judy Collins, & Pat Tyler

**Co-Chairs:**

Cheryl Pilch &  
Kathy Silverberg

**Tickets \$150**

For information and  
sponsorship opportunities  
call 941.556.3253

## CORPORATE SPONSORS

Alignment Health Care FL  
Alzheimer's Association- Gulf Coast Chapter  
Autumn Leaves of Sarasota  
Bayshore Guest Home-Gardens  
Berkshire Hathaway,  
Senior Real Estate Specialists,  
Susan Phelps & Kimi Newcomb  
Care Patrol Gulf Coast  
Dex Imaging  
Edward Jones, James Levin  
Financial Advisor  
The Eye Associates  
Freedom Health & Optimum  
HealthCare, Inc, Scot Ritchie  
Fountains of Hope  
Granny Nannies  
Gulf Coast Community Foundation  
Harbor Chase of Sarasota  
HealthSouth Rehabilitation  
Hospital of Sarasota  
Heron Communities  
Jewish Family & Children Services  
Kelly Quigley, Realtor  
Life Planning Law Firm, PA,  
Kevin Pillion, Esq.  
Lyons, Beaudry & Harrison Law  
McBride Insurance Exchange  
Muscle Repair Shop  
National Cremation Society,  
Anne Swartz  
Northern Trust  
Poet's Walk, Memory Care  
Community  
Right At Home  
Sarasota Community Foundation  
Sarasota County Aging Network  
Senior Choices, Pat Zagony  
Senior Healthcare Management,  
Nancy Bobbitt  
Sean McCutcheon's Air  
Conditioning & Heating  
Senior Moves  
Seniors Blue Book  
Smart Hearing,  
Steve & Dr. Jennifer Gryaska  
SouthTech Solutions, Inc.  
Sunrise Home Health  
Sweet Life Home Care  
Tom Cannizzaro, CFP,  
Specializing: Life Insurance  
Planning  
Trilogy Home Healthcare  
Wells Fargo Foundation  
Wilson Wood Foundation

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

## CLASSES

### Effective Communication

Monday, November 12, 2018

10:00-11:30 am

Caregiver Resource Center

Presented by Sue Fox

Program Specialist, Alzheimer's Association

Communication is more than just talking and listening, it is also about sending and receiving messages through rate of speech, tone of voice, facial expressions and body language. As those with Alzheimer's or dementia progress through the disease, the ability to use words is compromised and families need new ways to connect with their loved ones. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help connect and communicate fully at each stage of the disease.

Please RSVP for all classes at 556.3268

## Ringling Reflections Gallery Tours

The Ringling Museum has launched its newest inclusion initiative called Ringling Reflections. Reflections programs are relaxed, conversation-based gallery tours in the Museum of Art for people with memory loss and their care partners. Tours take place on select Sundays from 10:30-11:30 am. Please arrive at the museum's Visitor Pavilion by 10:00 to check-in. Assistive devices are available on a first-come, first-serve basis. Portable stools are available for all participants. For more information and to sign up, contact: <https://www.ringling.org/accessibility> (scroll to Visitors with Memory Loss) To quote participants at the first session "It was so amazing and wonderful!!!. We thought we would try it once and see, well, we won't miss another."

### 2018 Fall Schedule:

Dec. 2 Tour Theme: *Portraits*

*(Please note that the program will be on hiatus Jan, Feb and March when the galleries are crowded)*

### 2019 Spring Schedule:

Apr. 14 Tour Theme: *April Showers*

May 5 Tour Theme: *May Flowers*

June 16 Tour Theme: *Canine Companions*

## Mindful Thought:

**SILENCE and SMILE are two powerful words. Smile is the way to solve many problems and Silence is the way to avoid many problems.**

## Powerful Tools FOR Caregivers

This highly interactive educational series is must for all family caregivers. This course will help reduce personal stress, change negative self-talk, and enhance the ability to communicate needs to others, deal with difficult emotions and cope with life changes. Participants are required to attend all 6 classes.

**Begins: Wednesdays**

Jan. 16 – Feb. 20, 2019

10:00 - 12:30 pm

Please arrive 15 min early for the first class on Jan.16.

**Location:** Caregiving Place

1820 Brother Geenen Way  
Sarasota 34236

**Fee:** \$90.00 includes *Caregiver Helpbook* (a \$30.00 value)

Please call 556.3268 for additional information and to register.

## 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.

A recent diagnosis of mild cognitive impairment should be within the last 6 to 9 months.

Call 556-3268 to sign up for future classes in Sarasota or Venice