

## 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.

### 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, January 16, 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



*Blooming  
Friendships*

**A CELEBRATION**

**THURSDAY  
JANUARY 24, 2019  
5:30 PM**

MICHAEL'S ON THE BAY  
AT SELBY GARDENS

CO-CHAIRS:  
ANDI MUNZER & BUNNY SKIRBOLL

**TICKETS: \$200**

FOR SPONSORSHIP INFORMATION,  
CONTACT 941.556.3253

## CORPORATE SPONSORS

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Specializing: Life Insurance  
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Wells Fargo Foundation  
Wilson Wood Foundation

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

## CLASSES

### ABC's: The Basics of Alzheimer's Disease

Monday, January 14, 2019  
10:00-11:30 am

Caregiver Resource Center  
Presented by the Alzheimer's Association

This educational program is vital for those who are caring for a loved one with the diagnosis of Alzheimer's or other dementia related diseases. The program provides information on diagnosis, causes, risk factors, stages of the disease, care plans and more critical information for the caregiver.

### This is Tidewell

Thursday, January 31, 2019  
1:00-2:00 pm

Caregiver Resource Center  
Presented by Nafi Cunningham, Community Relations  
Tidewell Hospice

This educational program will give you an overview of the hospice philosophy and explains the various programs and services offered to their patients, their families and the community Programs includes in the days's presentations: Transitions, Consider the Conversation, Honors, Advanced Care Planning and Grief.

**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."

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

**Mindful Thought:**  
**A Resolution for 2019;**  
**Trust yourself**

## 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.

**Held: Wednesdays**  
**Jan. 16 – Feb. 20, 2019**  
**1:00 - 3:30 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.**

### New Program in 2019 Bereavement Support Group

This group, open to men and women of all backgrounds, is an opportunity to:

- Learn how others are dealing with grief
- Receive support and understanding
- Examine how loss impacts us
- Gain coping insights
- Cultivate personal resilience
- Find new strength and hope

**Dates:** January 17 – February 21  
**Location:** Caregiver Resource Center  
Conference Room  
2350 Scenic Drive, Venice

**Cost:** \$36.00  
**Facilitated by** Community Chaplain  
Rabbi Jonathan R. Katz.

**Pre-registration Required**  
Call - JFCS at 941.366.2224 ext. 166

**Sponsored by JFCS of the Suncoast in partnership with Friendship Centers Caregiver Resource Center – Venice.**