

## 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, April 10, 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

## 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  
May 8–June 12, 2019  
1:00 pm – 3:30 pm**

*(Please arrive 15 min early for the first class on May 8.)*

**Location:**  
Caregiver Conference Rm  
1820 Brother Geenen Way  
Sarasota 34236

**Fee:**  
\$90.00 includes a Caregiver  
Helpbook

**Please call 556.3268  
for additional  
information and to  
register.**

## CORPORATE SPONSORS

A Better Solution Home Care  
Alignment Health Care FL  
Autumn Leaves of Sarasota  
Bayshore Guest Home-Gardens  
Berkshire Hathaway,  
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Delta Hearing Centers  
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Dignity Memorial  
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Sarasota Community Foundation  
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Nancy Bobbitt  
Sean McCutcheon's Air Conditioning &  
Heating  
Senior Moves  
Seniors Blue Book  
Smart Hearing,  
Steve & Dr. Jennifer Gryska  
SouthTech Solutions, Inc.  
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The Windsors  
Tom Cannizzaro, CFP,  
Specializing: Life Insurance Planning  
Trilogy Home Healthcare  
United Healthcare Community & State  
Wells Fargo Foundation  
Wilson Wood Foundation

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

## CLASSES

### My Life My Choice: Advanced Care Planning

Thursday, April 18, 2019

12:30-1:30 pm

Caregiver Resource Center

Presented by Nafi Cunningham, Community Relations,  
Tidewell Hospice

A health crisis can hit any of us, anytime, at any age. Be in control of your health care wishes. It is the greatest gift you can give your loved ones. Advanced Care Planning ensures your medical wishes are understood and plans are in place to honor these wishes in the event you are unable to communicate due to sudden illness or injury.

Please RSVP at 556.3268

## Ringling Reflections Gallery

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."*

### 2019 Spring Schedule:

Apr. 14 Tour Theme: *April Showers*

May 5 Tour Theme: *May Flowers*

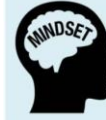
June 16 Tour Theme: *Canine Companions*

Visit webpage to reserve your tour.

## Mindful Thought:

Feelings come & go like clouds in a windy sky. Conscious breathing is my anchor.

Thich Nhat Hanh



### Mindset: Tools to Manage 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.)

Classes forming, call 556.3268 to sign up.

### The ROAD SCHOLAR Caregiver Grant:

You need to take care of yourself, too.

Learn how you may qualify for financial assistance to participate in a [Road Scholar Caregiver Grant learning adventure](#)

- You are an eligible caregiver if...
- You live in the US and are 50 or over
- Your care partner is receiving home care, visiting nurse, hospice or comparable service
- Your care partner is in adult day service, memory care, nursing home, hospice or any related service
- You lost a loved one within the past two years who was in any of the situations mentioned

... an award of up to \$1300 is applied to the cost of a Road Scholar Program

... lodging, meals, field trips, and transportation during the program

... a \$100 deposit ensures your position in the program.

For more information contact:  
877.426.8056

[www.road scholar.org/caregivergrant](http://www.road scholar.org/caregivergrant)