

## 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.

### 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, May 8, 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.

**The Caregiving Place will be  
CLOSED FRIDAY, MAY 10 for  
staff training**

**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,  
Senior Real Estate Specialists,  
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Delta Hearing Centers  
DeSoto Beach Club  
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Edward Jones, James Levin Financial  
Advisor  
Freedom Health & Optimum  
HealthCare, Inc, Scot Ritchie  
Fine Properties  
Bob Thurston & Scotty  
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Gulf Coast Community  
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Harbor Chase of Sarasota  
HealthSouth Rehabilitation  
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Heron Communities  
Home Instead Senior Care  
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Kelly Quigley, Realtor  
Life Planning Law Firm,  
PA, Kevin Pillion, Esq.  
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National Cremation Society,  
Anne Swartz  
Northern Trust  
Perfect Solutions for Seniors  
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 Gryksa  
SouthTech Solutions, Inc.  
Suncoast Behavioral Health Center  
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 Icelly in  
the Development Department  
at 556.3215

## CLASSES

**Everything you wanted to know about cremation,  
but were afraid to ask**

Thursday, May 23, 2019  
1:00-2:00 pm

Caregiver Resource Center

Presented by Anne Swartz, PreArrangement Advisor,  
National Cremation Society

Workshop topics will include: Why cremation, the  
benefits of pre-arrangement, affordable options,  
savings, travel and relocation, as well as Veterans  
benefits.

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*).

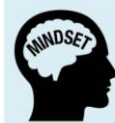
To quote participants at the first session *"It was so amazing and  
wonderful!!! We thought we would try it once and see, well, we  
won't miss another."*

**2019 Spring Schedule:**

**May 5 Tour Theme: *May Flowers***

**June 16 Tour Theme: *Canine Companions***

Visit webpage to reserve your tour.



**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 will be held in the CRC.

June 13, 18, 20 and 25 - 1:00 – 2:30 pm  
Program Fee \$35.00/person.) Call 556.3268 to RSVP

## Mindful Thought:

*The older you get,  
the more quiet you  
become. Life  
humbles you so  
deeply as you age.  
You realize how  
much nonsense  
you wasted time  
on.*

## 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)