

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, 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 pm

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 34th St., Sarasota on **Wednesday, June 12, 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.

Alzheimer's Foundation Of America

Free telephone based support group
Every Wednesday 4-5 pm (EDT)
Call 886.232.8484

**The CRC will be closed Thursday, July 4th
Happy Independence Day**



**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:

**Caregiver Resource Center
1820 Brother Geenen Way
Sarasota 34236**

**June 13, 18, 20 and 25
1:00 – 2:30 pm**

Program Fee \$35.00/person.

**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,
Susan Phelps & Kimi
Newcomb
Brookdale Senior Living
Care Patrol Gulf Coast
Delta Hearing Centers
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Dignity Memorial
Edward Jones, James Levin Financial
Advisor
Freedom Health & Optimum
HealthCare, Inc, Scot Ritchie
Fine Properties
Bob Thurston & Scotty
Ledford, Realtors
Fountains of Hope
Granny Nannies
Gulf Coast Community
Foundation
Harbor Chase of Sarasota
HealthSouth Rehabilitation
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Heron Communities
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Senior Healthcare Management,
Nancy Bobbitt
Sean McCutcheon's Air Conditioning
& Heating
Senior Moves
Seniors Blue Book
Smart Hearing,
Steve & Dr. Jennifer Gryska
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 Icely in
the Development Department
at 556.3215

CLASSES

Understanding Different Care Options

Thursday, June 27, 2019

1:00-2:30 pm

Caregiver Resource Center

Presented by Wendy Rickenbach-Barclay CSA,
Care Patrol, Owner

Deciding how to provide care for an entrusted loved one may be overwhelming. Learn about various options available to help you find the most appropriate situation for you and your loved one.

Please RSVP at 556.3268

Ringling Reflections Gallery

The Ringling Museum has launched an 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:

June 16 Tour Theme: *Canine Companions*

July 14 To Be Announced

Aug 18 To Be Announced

Visit the webpage early to reserve your tour.

Mindful Thought:
Change is inevitable.
Growth is optional.

Sarasota County is conducting a survey for residents regarding Hurricane Preparedness. The survey is open until June 1, 2019:



All email sent to and from Sarasota County Government is subject to the public record laws of the State of Florida. To learn more about Florida's Sunshine Law click [here](#).

To take the survey, click here: <https://www.surveymonkey.com/r/sarasota19>

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.roadscholar.org/caregivergrant