



JCA Gorlitz Kensington Club 2020 Caregiver Coping Series

Please join us for the following **Tuesday** topics that are just for **YOU**, the amazing caregivers.

Alone we can do so little; together we can do so much. --Helen Keller.

RSVP ckemp@accessjca.org

Tuesday August 18 6:00 p.m. *"The Connection Between Loneliness and Hallucinations: Life During Covid19."*

Melissa Needleman LCSW-C , psychotherapist and geriatric care manager with Aging Network Services (ANS)

Tuesday, September 1 6:00 p.m. *"Covid19 Medicare Card Scams---What They Are and Tips To Avoid Them"*

Presented by Rafael Espinoza, Director of State Health Insurance Program (SHIP) at JCA

Tuesday September 22 6:00 p.m. *"Steps You Can Proactively Take to Reduce Safety Risks During Covid-19."*

Join Officer Laurie Reyes as she explains ways to keep your loved one safe at home, especially wandering from the house or getting lost during the pandemic, and what to do if it happens. Alzheimer's Outreach Program, Special Operations Division, Montgomery County Department of Police (MCPD).

Tuesday, October 13 at 7pm *"Understanding and Responding to Dementia-related Behaviors and Effective Communications Strategies."* (note time change to 7:00)

This is for any caregivers who are at home caring for their loved ones during the pandemic. Support and sharing between group members will be encouraged but not required. Sheila Griffith, Program Manager, Alzheimers Association

Tuesday, November 17 at 7pm *"Caregiving is a lot like running your own company. Are you ready to be the CEO?"*

Family caregivers must learn, among many other things, to manage someone else's medications, talk to doctors and nurses on their behalf; sometimes help them bathe or get dressed, and to generally take care of their household tasks, finances, meals, and so on. This presentation will help prepare you for managing the day-to-day activities for your loved one. You can do it!

Mary Ann Buckley, LCSW-C, C-ASWCM, Director of Care Management of Corewood Care

Tuesday, December 8 at 7pm

"Tough Questions (and Answers) about Alzheimer's and Related Dementias"

Do you ever feel frustrated or embarrassed about asking the really tough questions about this disease and then feeling like you never get an answer? Join Marti and this wonderful support group for the last KC Caregiver Coping session of the year, and together, we will brainstorm some solutions to some tough questions.

(You will have a chance to anonymously send in questions to her ahead of time).

Marti Bailey, Director of Sibley Senior Association and Community Health at Sibley Memorial Hospital, Johns Hopkins Medicine and Club Memory Founder, Washington, D.C.

Please use this Zoom for each meeting. You can enter Meeting ID: 777 162 3920 or this link:

<https://us02web.zoom.us/j/7771623920?pwd=NEdYUWRiaHdaVDFzSXZTSVRtdkdoUT09>