



CENTER FOR
**Family
Caregivers**

Programs for Caregivers

Center for Family Caregivers

3661 S. Babcock St., Melbourne

321.434.7625

HF.org/aging

January 2019

Diabetes Prevention

Tuesday, January 29

10:30 a.m. to Noon

RSVP to 321.434.7625

Led by Kelly Aleman, Diabetes Education
Coordinator, Health First Medical Group

This class will be offered in recognition of Diabetes Education Month and presented by Kelly Aleman, RD/CDE, Diabetes Education Coordinator for HFMG. Health First Diabetes Education Coordinator, Endocrinology. The discussion will focus on the prevention of diabetes including topics of those at risk for developing diabetes, overview of diabetes process, diagnostic criteria and lifestyle changes including emphasis on better nutrition.

Caregiving Essentials Program Part One

Led by Pat DeAngelis, RN, BS, LNC, Patient
Educator, East Central Florida Memory
Disorder Clinic

Class 1: "Enhancing Confidence in Caregiving"

Friday, January 18

10 a.m. to Noon

RSVP to 321.434.7625

This class is designed to help caregivers develop a Caregiver's Plan to build confidence, understanding and stamina; understand the value of knowing what to expect in the disease progression; and identify steps to follow to stay well, proactive and organized.

**Class 2: "Enhancing Caregiver Patience for
Better Communication"**

Friday, January 25

10 a.m. to Noon

RSVP to 321.434.7625

Participants in this class will learn the technique of communicating with patience, empathy and humor to produce more positive outcomes, helping them

to and learn to identify key principles to meaningful connections with loved ones.

**Class 3: "Enhancing Responses/Reactions to
Challenging Behaviors"**

Friday, February 1

10 a.m. to Noon

RSVP to 321.434.7625

This class is designed to help caregivers identify changes in the brain that result in typical changes in behavior and understand the impact of these changes as the disease progresses. The instructor will help caregivers build confidence in their responses to challenging behaviors, using techniques to handle difficult situations.

**Class 4: "Enhancing Awareness of Hazardous
Caregiving Emotions"**

Friday, February 8

10 a.m. to Noon

RSVP to 321.434.7625

This class is designed to help caregivers identify the triggers/causes of emotions and harmful effects on mind, body and spirit. Our instructor will help participants develop caregiver steps to manage emotional fallout and create a balance of personal, social and health needs for both the caregiver and loved one.

**Class 5: "Enhancing Positives for
Stress Management"**

Friday, February 15

10 a.m. to Noon

RSVP to 321.434.7625

In this class, caregivers will learn to recognize early warning signs of high stress – be it physical, emotional, behavioral or with relationships – and the barriers to manage it. Steps to prevent caregiver burnout will be discussed as well, since resources and techniques can help manage stress.

Class 6: "Enhancing Your Ability to Make Difficult Decisions"

Friday, February 22

10 a.m. to Noon

RSVP to 321.434.7625

Discussions include difficult decisions facing caregivers, as well as coping strategies for life transitions and realities. It is designed to teach caregivers steps to define and clarify difficult issues and problems; explore options and solutions; and design an action plan with acceptance, courage and confidence.

Living Healthy Workshop

Wednesday: January 9, 16, 23 and 30; and

February 6 and 13

9:30 a.m. to Noon

Call 321.434.4335 to register for this or future classes.

The six-part workshop is designed for those who are looking to take control of an ongoing health condition or for those who are caring for someone with chronic health conditions. Learn how to manage symptoms, communicate effectively with healthcare professionals, lessen your frustration, fight fatigue, build confidence, make daily tasks easier and get more out of life.

A Legal Presentation

Thursday, January 31

10:30 a.m. to Noon

Led by Kurt C. Weiss

Betten Murphy & Weiss Attorneys, P.A.

RSVP to 321.434.7625

Understanding the Basics, Simplifying the Rules - Part Two

At our meeting on October 24, 2018, we talked about why it is important to plan for long-term care costs, the settings in which long term care can be provided and the types of Medicaid programs available in Florida to help with the cost. At the January 31, 2019 meeting, we will start by talking about the criteria to qualify for Medicaid assistance, with a focus on the financial rules. We will also discuss some basic strategies available to preserve income and assets and qualify for Medicaid assistance.

Programs for Caregivers and Loved Ones

Painting Workshop

Thursday, January 24

1:30 to 3:30 p.m.

Interpreting Art As You Wish: Appreciating Art and Time Together

RSVP to 321.434.7625

Please join professional artist, Jan Bryant, for a Painting Workshop for caregivers and loved ones to create a beautiful winter, country scene. **Enjoy sweet and salty treats provided by Indian River Center** while creating your beautiful painting and enjoy sounds and scenes of the season.

Our Chair- Based Exercise Class - A Time to Stretch, Exercise and Socialize!

Every Wednesday

2 to 3 p.m.

If you are attending this class for the first time, please call Sue Coates at 321.434.7625.

This chair-based exercise class, led by instructor Pat DeAngelis, RN, includes moving to music, stretching for strength, relaxing your mind and muscles and a calming cooldown. This class is designed to: improve muscular strength and endurance; increase flexibility and stamina; improve balance, posture and breathing; help prevent falls and encourage socialization.

Arts & Crafts

Every Thursday

1:30 to 3:30 p.m.

If you are attending this class for the first time, please call 321.434.7625.

Our volunteer art instructors will help people make decorative items for all seasons. Please join us as we continue making special items for all occasions. **Join us for a special painting workshop on Thursday, January 24 with visiting artist, Jan Bryant and learn how easy it is to paint on canvas.** All materials will be supplied.

Family Caregiver Weekly Support Groups

Please call 321.434.7625 if you are planning to attend a support group for the first time.

Coping with Caregiving

Every Wednesday
10:30 a.m.

This group focuses on support for caregivers of loved ones with memory impairment or any chronic illness. Join us for an informal sharing of practical caregiving information and helpful community resources. It will be led by Joyce Brang, LCSW, Health First Health Plans and Health First Aging Services.

The Empowered Caregivers Support Group

Every Thursday
11 a.m.

This group allows those caring for someone with memory loss or any condition to share their journey with others who understand what they are experiencing. It is led by Alyce Webster, MSW, Health First Aging Services.

Caregiver-to-Caregiver Support Group

Every Tuesday
10:30 a.m.

Pre-registration at 321.434.7625 is required for this support group.

This group is for caregivers caring for someone in advanced stages of dementia or a chronic illness, and for those caregivers transitioning from caregiving after losing a loved one.

Family Caregiver Monthly Support Groups

Shared Journeys: New Group

First and third Tuesday of every month
2:30 to 4 p.m.

Hospice of Health First

1131 West New Haven Ave., Melbourne

Please call 321.868.8317 if you are planning to attend for the first time.

The focus of this group is to identify ways to process grief, loss and life's transitions through discussion, sharing, education information and listening – all in a caring, supportive environment. Living with grief is a universal human experience, and we need support and tools to cope. Join us for an opportunity to listen, share and learn in a group setting. **Please call Teresa Loudenslager, MSW, at 321.868.8317 if you have any questions.**

Stroke & Aneurysm Support Group

First Monday of every month
5:30 to 7 p.m.

Health First's Holmes Regional Medical
Center Auditorium

RSVP to 321.434.1752

Survivors and caregivers are encouraged to join Health First's Stroke & Aneurysm support group. Professionals will help you cope and recover in a relaxed environment, where you can discuss your fears, hopes and frustrations. Light refreshments will be served.

Melbourne Early Stage Support Group

Second Wednesday of every month
2 to 3:30 p.m.

RSVP to 321.434.7625

This is a monthly group designed to provide emotional, educational and social support to people diagnosed with early stage Alzheimer's or a related dementia, as well as their care partner. Tanya Thompson, MA, Associate Director of Community Outreach from the Alzheimer's Association, will be the facilitator of the group.

Announcement: We Need Your Help!

Our December Wreath-Making Class for caregivers and loved ones was a huge success and our volunteer instructor, Anne Cassar, is looking forward to offering it again in February. We need your help refilling our supply basket! If you have any old fabric you would like to donate to the Center for Family Caregivers, we have a very talented artist who knows how to put it to good use. Participants went home after class with a beautiful wreath to "Deck Their Halls" or to give as a Christmas gift. **Please call Sue Coates at 321.434.7625** if you have any fabric you cannot use and would like to donate to our Wreath-Making Class for February. Thank You!

Mark Your February and March 2019 Calendars:

Caregiving Essentials Part 1

Fridays, February 1, 8, 15 & 22
10 a.m. to Noon

Dr. Visa's Lecture Series

Thursday, February 14
10:30 a.m.

Keeping Your Heart Healthy

Thursday, February 21
10 a.m.
Led by Sharon Levasseur, BSN, MSN, RN,
APRN-BC, Cardiovascular Clinical
Education Specialist

Painting Workshop

Thursday, February 28
1:30 to 3:30 p.m.
Led by Artist, Jan Bryant

MindSet

Thursday, March 7
1:30 to 3:30 p.m. (6 weeks)

Caregiving for Seniors Annual Conference

Saturday, March 16
