

## Programs for Caregivers

Center for Family Caregivers

3661 S. Babcock St., Melbourne

321.434.7625

HF.org/aging

### November 2018

#### Memory Care Workshop Meaningful Visits

---

Wednesday, November 7 from 10:30 to 11:30 a.m.  
Led by AJ Cipperly, National Director of Memory Care and Training with Validus Senior Living.  
RSVP 321.434.7625

Visiting a loved one who has dementia can be frustrating and heartbreaking. It is perfectly natural and understandable to feel apprehensive about such a visit. What should I say? What should I do? Should I even visit if they won't remember that I was there? This presentation provides practical basic tips on how to make visits more meaningful and enjoyable for both you and the person with dementia.

#### A New Painting Class

---

Thursday, November 8 from 1:30 to 3:30 p.m.  
Led by Jan Bryant, visiting artist  
RSVP to 321.434.7625

##### Interpreting Art As You Wish: Appreciating Art and Time Together

Please join visiting artist Jan Bryant as she shares her artistic gift with us. Jan will visit our Center to present a painting class for caregivers and loved ones to do together or for caregivers just to do by themselves. For our November class, Jan will demonstrate how to paint a beautiful fall scene using the vibrant colors of the season. Jan believes "it is critical that everyone be able to appreciate art and be allowed to interpret as they wish". This class is for all levels. Even if you have never painted before, you will enjoy Jan's fun and easy approach to painting. Enjoy an afternoon of tea and coffee, painting with Jan and 'sweet & salty' treats, compliments of Indian River Center, in a relaxed and easy setting as we enjoy time together making artistic and social memories. All materials are supplied.

#### November is Diabetes Education Month – Diabetes Prevention

---

Thursday, November 8 from 10:30 to noon  
RSVP 321.434.7625

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 Three — Enhancing Your Skills and Confidence for End of Life Decisions and Care

---

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

**Class 5: Personal Care Techniques and Safe Body Mechanics** with special emphasis on advanced homecare for family caregivers caring for a loved one bed-and/or wheelchair-bound...an interactive class with hands-on, learning by doing activities and demonstrations. Also, Fall Risks and Fall Prevention Awareness for you and the patient diagnosed with dementia

**A Small Group Class** from 10 a.m. to noon will be held on Thursday, November 1 and again on Friday, November 2 but reservations are necessary — space is limited.

Please call 321.434.7625 if you would like to make an appointment for this class.

This is an interactive class with hands-on learning by doing and demonstrations by our instructor. Participants will learn personal care techniques and safe body mechanics with special emphasis on advanced homecare

for family members caring for a loved one bed and /or wheelchair-bound. Pat will review the consequences of debilitating falls, how to prevent them and what to do in the event of a fall. She will discuss fall prevention measures for the cognitively impaired and how to create a safe environment and plan activities to reduce fall risks for both caregiver and loved one.

---

## **When It's Not Alzheimer's**

**Friday, November 9 and 16 from 10:30 a.m. to noon  
RSVP to 321.434.7625**

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

According to the Mayo Clinic, many types of dementia are characterized by specific patterns of signs and symptoms. The most prevalent causes of dementia are neurodegenerative and vascular disorders. Alzheimer's disease is the most common cause of dementia, making up 50 to 60% of all cases of dementia.

In this two-week series, **"When It's Not Alzheimer's,"** Pat will provide an overview of the other types of dementia; vascular, Lewy body, frontotemporal and Parkinson's. In each class, she will discuss the signs, symptoms, risk factors, diagnosis, treatment, steps for prevention and moving ahead.

**Class 1: Lewy Body Dementia and Parkinson's Disease**

**Friday, November 9 from 10:30 a.m. to noon  
RSVP to 321.434.7625**

**Class 2: Frontotemporal Dementia and Vascular Dementia**

**Friday, November 16 from 10:30 a.m. to noon  
RSVP to 321.434.7625**

---

## **Legal Presentation**

**Wednesday, November 14 from 10:30 to 11:30 a.m.**

**RSVP to 321.434.7625**

**Led by Robin M. Petersen, P.A. and Cassidy V. Petersen, Attorney at Law, Masters of Business Administration**

**Estate Planning & Elder Law Center of Brevard**

**Veterans and Medicaid Benefits to Help You Pay for Long Term Care**

Attorney Robin M. Petersen will discuss options available when planning for long-term care, including VA Aid & Attendance and Medicaid. It is important to make

informed choices before a crisis arises, because one size does not fit all. The Estate Planning & Elder Care Law Center of Brevard has over 25 years' experience working with clients in need of long-term care, advising them of options that don't exhaust all their assets. Planning ahead is important, and you want to be sure that if the need arises, you will qualify for Medicaid assistance. Mr. Petersen obtained his license to practice law in Florida and before the U.S. Court of Military Appeals. Greatly influenced by his parents' service in World War II and as someone who identifies himself as a "military brat," he joined the Air Force, where he proudly served as a legal officer (JAG). Cassidy V. Petersen initially joined the firm in 2011, and has held various positions over the years – beginning as a receptionist, next as an estate planning paralegal, then as firm administrator, and now as an attorney. Ms. Petersen received her Juris Doctor (J.D.), cum laude, from Stetson University College of Law in 2018, where she graduated among the top 10% of her class. Additionally, Ms. Petersen obtained her Master of Business Administration (M.B.A.) from Stetson University in 2018.

---

## **Lyrics, Memories and Dessert for You and Your Loved One**

**Melodies and Memories**

**Friday, November 16 from 1:00 to 3:00 p.m.  
RSVP to 321.434.7625**

**Enjoy a Coast-to-Coast Trip: "Around the U.S. in Twenty Songs" and a fun game of Music Bingo**

Melodies and Memories returns on Friday, November 16. Our Special Music Theme for November will be "Taking a Trip from Coast-to-Coast — Around the U.S. in Twenty Songs". Please join us for an afternoon of beautiful music videos of some of your favorite songs of yesteryear and we'll "pin a musical note on the state" - as we sing each song and map our trip from Coast-to-Coast. **"Do You Know the Way to San Jose?" If not, just make reservations on the "Chattanooga Choo-Choo" by calling "Pennsylvania 6-5000" and "Meet Me in St. Louis!"**

Everyone loved our new Music Bingo addition to our program, which includes Bingo cards with your favorite "oldie but goodie" titles, music to listen to and prizes for our Bingo winners. Don't forget to mark your free space! Join us for Melodies, Memories and Music Bingo and enjoy refreshments and a delicious dessert, sponsored by SarahCare of Melbourne.

---

## Learn About Aging Matters in Brevard

---

Wednesday, November 28 from 10:30 a.m. to noon

Led by LaShaundra McGhee, Program Director, Home & Community Based Services and Jasmine Doshi, MSW, Program Director, Sunflower House Senior & Caregiver Resource Center and Sherri Law, Director of Advancement, Aging Matters in Brevard

RSVP to 321.434.7625

Join us and learn about Aging Matters in Brevard, a local nonprofit organization whose mission is to promote and maintain independence and maximize quality of life for the citizens of Brevard County, particularly the elderly and disabled. Established in 1965, Aging Matters is recognized by the Florida Department of Elder Affairs and the Area Agency on Aging as the Lead Agency for senior services in Brevard. Meet our team and hear about the wide array of programs and services we offer for seniors and caregivers, including Meals on Wheels, Seniors At Lunch, transportation, home care, handyman services, caregiver support and resources, support groups and more. Also, find out about volunteer opportunities for adults age 55+ who are seeking meaningful ways give back to their community.

## Programs for Caregivers and Loved Ones

---

### Chair Exercise - Stretch, Exercise and Relax

---

Every Wednesday from 2 to 3 p.m.

RSVP to 321.434.7625 if attending this class for the first time.

This new 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 from 1:30 to 3:30 p.m.  
(Special Class on Thursday, November 8)

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 this holiday season. Please join us as we continue making special items for all occasions. **Join us for a special fall painting class on Thursday, November 8 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 at 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 at 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 at 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.

**PLEASE NOTE NEW LOCATION:**

**Hospice of Health First**

**1131 West New Haven Avenue, 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 from 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.

---

## Day of Hope and Humor

To Observe National Alzheimer's Disease Awareness and National Family Caregivers Month

**Friday, November 30**

**9:30 a.m. to 2:15 p.m.**

(See attached Event Flyer for details.)

Hosted by Health First Center for Family Caregivers

Reservations are necessary — space is limited. RSVP early to 321.434.7625

---

## Coming in December

**Lyrics, Memories and Dessert for You and Your Loved One**

---

### Melodies and Memories

Friday, December 7

1 to 3 p.m. (Please note earlier start time)

**RSVP to 321.434.7625**

Holiday Fun - Melodies, Memories, Music Bingo, and delicious desserts from Santa!

---

### Painting Workshop

Thursday, December 6 from 1:30 to 3:30 p.m.

**RSVP to 321.434.7625**

**Interpreting Art As You Wish: Appreciating Art and Time Together** – with professional artist, Jan Bryant for caregivers and loved ones - a new monthly art program with a Holiday focus and Holiday treats

---

### A Legal Presentation

Wednesday, December 12 from 10:30 a.m. to noon

**RSVP to 321.434.7625**

**Led by Erik P. Shuman, Shareholder, Gray-Robinson, Attorneys at Law**

Erik will discuss the estate planning process from start to finish, including the use of Trusts, Wills and account beneficiary designations to transfer assets to your heirs. Erik will also review the importance of advanced directives, including durable powers of attorney, health care surrogacy designations, living wills, DNR's and pre-need guardian designations.

---