

## Programs for Caregivers

Center for Family Caregivers

3661 S. Babcock St., Melbourne

321.434.7625

HF.org/aging

### October 2018

#### First Steps

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Tuesdays, October 2, 9, 16, 23 and 30

1:30 to 3 p.m.

RSVP to Sue Cosker at 321.434.7614

The First Steps series is an interactive, five-part education program based on the Alzheimer's Association's "Living with Alzheimer's" series, in partnership with the East Central Florida Memory Disorder Clinic. It is designed for newly diagnosed patients in the early stages of dementia and their caregivers.

#### A Living Healthy 6-Week Workshop

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Thursday, October 4 and 11

1 to 3:30 p.m.

To register for this or future classes, call 321.434.4335

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

#### Memory Care Workshop

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When to Make the Move

Thursday, October 11 from 10:30 a.m. to noon

Led by AJ Cipperly, National Director of Memory Care and Training with Validus Senior Living.

RSVP 321.434.7625

We understand that you have questions. From worrying about if your home isn't enough anymore, to just figuring out what kind of place you should look for. We've tailored this program to help you with not only the logistics but also with the emotional journey of this transition. We are here to help and look forward to meeting you.

#### Hospice Services, sponsored by Hospice of Health First

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Thursday, October 25

10:30 a.m.

Led by Dr. Ruddy Ruiz, Medical Director

Hospice of Health First

RSVP 321.434.7625

Dr. Ruiz will be speaking on when to access Hospice Services, what questions to ask when seeking a hospice provider and the benefits of accessing Hospice care for both patient and family.

#### Healthy Aging Presentation

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Wednesday, October 31

10:30 a.m. to noon

Diliana Polanco, MSW,

Behavioral Health Therapist

Senior Behavior Wellness

RSVP to 321.434.7625

#### Mindful Aging

In this presentation, Diliana Polanco will discuss positive ways to manage life challenges as we age. The practice of mindfulness can help with staying in the present and developing strategies to cope with stress, change and adapting to new life circumstances.

#### A New Painting Class

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Thursday, October 18

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. Jan will show participants how to bring the changing colors of the fall season to your canvas. Jan believes “it is critical that everyone be able to appreciate art and be allowed to interpret as they wish”. She has prepared an easy and fun way to paint a fall scene. 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 delicious desserts, 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.

## **Medicaid Presentation**

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**Wednesday, October 24**

**10:30 a.m. to noon**

**Led by Kurt C. Weiss, Betten,  
Murphy & Weiss Attorneys, PA  
RSVP to 321.434.7625**

### **Understanding the Basics, Simplifying the Rules.**

The rules to qualify for Medicaid and the different types of assistance available can seem complicated and overwhelming. In this presentation, Attorney Kurt C. Weiss, of Betten, Murphy & Weiss Attorneys, PA, will explain the basics and simplify the rules of Medicaid, the government assistance program that can help with the cost of a long-term stay in a nursing home and provides limited assistance to help pay for assisted living facility and home care.

## **Caregiving Essentials Program Part Three — Enhancing Your Skills and Confidence for End of Life Decisions and Care**

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

**Class 2: End of Life – Session 1:  
Nearing the End of the Long Goodbye**

**Friday, October 12**

**10 a.m. to noon**

**RSVP 321.434.7625**

In this class, Pat will discuss how to anticipate and plan for common end-stage needs of patients and families and ways to cope with changes that take place during severe and late-stage Alzheimer’s disease.

## **Class 3: Music Stimulation and Motivation in Patients with Alzheimer’s Disease: The Key to Open the Hearts and Minds of People with Dementia**

**Friday, October 19 from 10 a.m. to noon  
RSVP 321.434.7625**

In this presentation, Pat DeAngelis, RN, Dementia-Care Instructor and Dawn Pufahl, Music Therapist, Hospice of Health First will discuss the many therapeutic effects, benefits and powers of music in people with Alzheimer’s disease and other dementias. Learn how music activity for your loved ones can open hearts and minds, manage emotions, preserve connections with others and bring a sense of joy and well-being — all critical to maintaining quality of life for those with Alzheimer’s disease and other dementias.

**Class 4: End of Life – Session 2:  
Making the Difficult Decisions for End of Life Care  
Friday, October 26 from 10 a.m. to noon  
RSVP 321.434.7625**

This class will help you understand the types of decisions caregivers often need to make when a loved one is in/near end — stage disease. It also covers common questions that are important to ask your health care team, regarding treatment and what approach to end-of-life care you want for your family member.

**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 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.

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# Programs for Caregivers and Loved Ones

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## 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.

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## Arts & Crafts

Every Thursday from 1:30 to 3:30 p.m.

(Special Class on Thursday, October 18)

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

Our volunteer art instructors will help people make a decorative item for all seasons. Please join us as we continue making special items for all occasions. Join us for a special fall class on Thursday, October 18 and learn how easy it will be to create your own 2019 calendar design. 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.

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## 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.

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## 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.

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## Caregiver-to-Caregiver Support Group — Surviving Loss Together

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

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## Shared Journeys: New Group

First and third Tuesday of every month

(No class on October 2)

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.**

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## Stroke & Aneurysm Support Group

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**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.

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## Melbourne Early Stage Support Group

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**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.

## Coming in November

**Reservations are necessary for all classes. RSVP to  
321.434.7625**

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### Melodies and Memories

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**Friday, November 16 from 1:30 to 3:30 p.m.**

**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 "A Journey from Coast-to-Coast – Around the U.S. in Twenty Songs". Please join us for an afternoon of beautiful music videos and some of your favorite sing-a-long songs of yesteryear, memories and dessert. 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 dessert, tea, coffee and Melodies and Memories.

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## How to Have Meaningful Visits

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**Wednesday, November 7 from 10:30 to noon**

When visiting someone living at an Assisted Living Facility and/or Skilled Nursing Facility, with AJ Cipperly, National Training Director, Validius Senior Living, Tampa; Sponsored by Inspired Living, Palm Bay

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## Diabetes Prevention

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**Thursday, November 8 from 10:30 to noon**

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.

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## Painting Workshop

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**Thursday, November 8 from 1:30 to 3:30 p.m.**

**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

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## When It's Not Alzheimer's

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**Friday, November 9 and 16**

**10:30 a.m. to noon**

**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**

**10:30 a.m. to noon**

**RSVP to. 321.434.7625.**

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

**Friday, November 16**

**10:30 a.m. to noon**

**RSVP to 321.434.7625**

**Aging Matters Presentation: Senior and Caregiver Services**

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**Wednesday, November 28**

**10:30 a.m. to noon**

**Presented by Aging Matters Representatives  
Sherrie Law and Karolena DeClercq, RN,  
Program Director**

Please join us for a comprehensive presentation on the many services and programs provided by Aging Matters in Brevard for seniors and caregivers.

**Day of Hope and Humor**

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

**Friday, November 30**

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

(Details under Program Agenda.)

**Sponsored by  
Health First Center for Family Caregivers  
Reservations are necessary — space is limited.  
RSVP early to 321.434.7625.**

**Program Agenda**

**9:30 to 10:30 a.m.**

**A Mini Health First Resource Fair**

Come visit our Vendors and enjoy your Morning Coffee and Danish, compliments of Hibiscus Court Assisted Living & Memory Care Community.

**10:30 to 11:30 a.m.**

**Welcome/Opening**

**Invocation: Father Robert Bruckart**, Director,  
Health First Pastoral Care

Introduction of Sheriff Wayne Ivey

**Sheriff Wayne Ivey**

Brevard County Sheriff's Office

**Joe Downs**, Project Lifesaver Coordinator

**11:30 to 11:45 a.m.**

**Break**

**11:45 a.m. to 12:30 p.m.**

**Visa Srinivasan, MD**

Medical Director, Health First Aging Services

**12:30 to 1 p.m.**

**Lunch:** Generously provided by Indian River Center Post-Acute, Rehab and Nursing Facility

**1 to 1:30 p.m.**

**Dessert and "Sweet Inspirations"**

**The Caregiver Voices of Hope and Humor:**

How I found Hope and Humor in Caregiving, Joy in Camaraderie, and Strength and Support in Numbers

**1:30 to 2:15 p.m.**

**How to Reach and Benefit Loved Ones with Alzheimer's through Music: The Light and Link to Memories, Emotions & Movement** — Pat DeAngelis, RN, and Dawn Pufahl, Music Therapist, Hospice of Health First