



www.caregiverteleconnection.org



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Thursday, March 5th	11:00 am Eastern	Understanding Medication Safety series with Lucy Barylak, MSW Join us for a three part series highlighting how to take important steps to safely manage your medications. Some of the topics that will be discussed are how to recognize potential drug interactions; safe storage of your medications; questions you need to ask while you are in the hospital and the important role your pharmacist has in keeping you safe. A workbook will be provided to go along with this series.	
Thursday, March 12th	10:00 am Central		
Thursday, March 19th	9:00 am Mountain		
	8:00 am Pacific		
Tuesday, March 3rd	11:00 pm Eastern	Alzheimer's Evaluation and Treatment with Nestor H Praderio, MD Alzheimer's Disease is the most widely recognized type of dementia and currently there is no cure. Nestor H. Praderio, MD will review the evaluation process for diagnosing Alzheimer's Disease and explain symptoms and stages. He will also outline current treatment options including medication management and strategies for addressing the associated behavioral issues of the disease.	
	10:00 am Central		
	9:00 am Mountain		
	8:00 am Pacific		
Monday, March 9th	1:00 pm Eastern	Medicare and Social Security Scams with Melinda Gardner Learn about how to identify Medicare and Social Security scams and what to do about them. **Sponsored by the North Central Texas Caregiver Teleconnection**	
	12:00 pm Central		
	11:00 am Mountain		
	10:00 am Pacific		
Tuesday, March 17th	12:00 pm Eastern	The Dementia Dialogues: Tips and Tricks to Reduce Caregiver Stress with Tam Cummings, PhD Ten Practical Caregiver Stress Exercises. These are easily doable techniques that immediately reduce physical and emotional stress in family and professional caregivers. These tips and tricks take anywhere from 30 seconds to 1 hour to do. **Sponsored by VITAS Healthcare**	
	11:00 am Central		
	10:00 am Mountain		
	9:00 am Pacific		
Thursday, March 26th	2:00 pm Eastern	A presentation on Grief with Bill Moyer This presentation will help bring a clearer understanding of Grief and offer suggestions to help those who are grieving.	
	1:00 pm Central		
	12:00 pm Mountain		
	11:00 am Pacific		
Friday, March 27th	11:00 am Eastern	Los efectos del cuidado de personas: Cómo sobrellevar de manera eficaz los muchos desafíos con Liliana Oakes, MD Si bien cuidar de alguien resulta gratificante, ¡puede rebasar nuestra capacidad! Con demasiada frecuencia el cuidador deja de lado sus propias necesidades. Acompañe a la Dra. Oakes en la plática sobre las medidas que puede tomar para cuidar de sí mismo mientras cuida de alguien más.	
	10:00 am Central		
	9:00 am Mountain		
	8:00 am Pacific		

WELLMED



A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free



UNDERSTANDING MEDICATION SAFETY

Taking important steps to protect you and your loved one

- Do you have questions about how to manage your medications?
- Are you concerned about how to recognize potential drug interactions?
- Do you know how to store your medications correctly?
- Do you know if you are taking your medicines the right way?

Lucy Barylak, MSW, will cover all of these areas and more during series of three 1-hour long sessions, as well as providing information about what you need to know about over the counter medications, questions you need to ask while in the hospital and why your pharmacist is so important regarding your well-being.

Dates:

March 5, 2020
March 12, 2020
March 19, 2020

Times for each session:

Eastern	11:00 am
Central	10:00 am
Mountain	9:00 am
Pacific	8:00 am

**To register, please call 1-866-390-6491 or
go to www.caregiverteleconnection.org**