

Care for Caregivers

May-August 2016

alzheimer's  association

Effective Communication Strategies

If you or someone you know is affected by Alzheimer's disease or another form of dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, signs of the disease, treatment and much more.

Monday, May 16
6-7 p.m.

The Basics

If you or someone you know is affected by Alzheimer's disease or another form of dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, signs of the disease, treatment and much more.

Wednesday, May 18 10-11 a.m.
Tuesday, May 24 6:30-7:30 p.m.

SAVVY Caregiver Series

This 6-part series best-practices course in caregiving techniques provides clinical-level training for family caregivers. Walk away with: knowledge of how dementia affects thinking skills; effective ways to respond to changes in behavior; skills to choose appropriate activities and minimize confusion; strategies to manage activities of daily living and much more.

Tuesdays

May 31, June 2, 7, 9, 14, 16
4-6 p.m.

Call 800.272.3900 for location details and to RSVP



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CONCORDIA



We are taking a break this summer. There will not be a monthly support group in July or August.

Look for fall programming in September!

Sunbeam Family Services provides local caregiver support groups to take advantage of during this break.

Easter Seals of Oklahoma (Adult Day Center) - 701 NE 13th, OKC Fourth Wednesday of every month, 12 – 1:30 p.m. - lunch provided Contact: Vicki Wood vwood@eastersealsoklahoma.org or 405.239-2525 or Jessica Welp at jwelp@sunbeamfamilyservices.org or 405.609.8939 to RSVP

Sunbeam Family Services - 1100 NW 14th, OKC Last Tuesday of every month, 12:00 – 1:30 p.m. – lunch provided Contact Jessica Welp to RSVP at jwelp@sunbeamfamilyservices.org or 405.609.8939

Location...Location...Location

Our Support Group meets in the Conference Center at Mercy located in the Lower Level (LL) of The McAuley Building. The McAuley Building is located on the south side of the Mercy campus. It is the building between the main hospital and The Tower. Parking is available in the lot adjacent to the building as well as complimentary valet parking.

The next support group will be the 3rd Thursday May 19, 2016 2 to 3:30 p.m.

Please RSVP at 936-5821.

- We like to hear from you!
- If you have any questions, concerns or wonderful ideas for the *Care for Caregivers* support group or newsletter, please feel free to call the Caregiver Outreach Line.

936-5821



Do You need an evening support group?

Quail Springs Baptist Church

Caregivers' Group

14613 N May Avenue, Oklahoma City, OK 73134

Meets on the 2nd Wednesday of the month.

Their next meetings are:

May 11 & June 8

Meetings are **6-7:30pm**

Dinner is offered from 5:00-6:00pm by the church for \$5/person. It is good food and might be convenient for people coming directly from work. Call **405-755-9240** for more information.

Upcoming Mercy Caregiver Events

Thursday, May 19, 2 to 3:30 p.m.

Support Group - Conference Center

Friday, June 10, 8:30 a.m. to 2:30 p.m.

Annual Survival Skills - Conference Center

NO Meeting on Thursday, June 16th due to the Caregiver Survival Skills Conference.

Look for Meetings in September 2016.

Mercy Community Outreach
4300 W. Memorial Road
Oklahoma City, OK 73120