



Free Telephone Learning Sessions

Date	Central Time	Topic
Tuesday, August 5th	10:00 am	Understanding the Stages of Dementia With Tam Cummings, MS. <i>This frequently requested topic focuses on how to track the dementia process. Using her innovative Dementia Behavioral Assessment Tool, which is based in part on Reisberg's Global Deterioration Scale, Tam explains how to match specific patient behaviors, as well as how long each stage is estimated to last, is critical in helping medical professionals and family members prepare for the next phase of the disease.</i>
Tuesday, August 12th	2:00 pm	Getting Past the Pain to Better Living with Arthritis With Susan Carter and Tom Garzillo, MD <i>Arthritis is frequently a crippling condition for many older adults. Susan Carter and Dr. Tom Garzillo, with the Arthritis Foundation, will discuss the latest information about arthritis and effective treatments.</i>
Thursday, August 21st	12:00 pm & 7:00 pm	Coping with Caregiver Guilt With Family Caregivers from North Central Texas <i>Listen, Learn, and interact with other caregivers who have learned ways to cope with the most common experience for family caregivers: guilt. Sponsored by the North Central Texas Caregiver Teleconnection (45 min. session)</i>
Thursday, August 28th	2:00 pm	Healing Yourself: How Integrative Medicine is Changing Healthcare With William Lane, MD <i>What is Integrative Medicine? Many Americans have never heard of integrative medicine, but this holistic movement has left its imprint on many of the nation's hospitals, universities, and medical schools. Both doctors and patients alive are bonding with the philosophy of integrative medicine and its whole-person approach - designed to treat the person, not just the disease.</i>

Call. Learn. Share.
Confidential. Free.



You can Register online at www.caregiverteleconnection.org or
call **866.390.6491 Toll Free** between the hours of 8 to 5 M - F to register via phone

Must pre-register at least 24 hours prior to the classes