



Free Telephone Learning Sessions

Date	Central Time	Topic
Wednesday, December 3rd	2:00 pm	Developing a Care Plan: Know your Future Now with Evalyn Greb, LCSW Do you have a plan in place for the future, knowing you care for someone whose condition may worsen over time? This session will outline simple steps to help you create a plan, including responding to emergencies. You will also hear other caregivers share thoughts on why it may be important to think about placing your loved one in a care facility as part of a future plan.
Thursday, December 11th	12:00 pm & 7:00 pm	Coping with Caregiver Anxiety and Depression with Pam Rittenberry, LPC Learn to recognize the signs and symptoms common in anxiety and depression. What are tools and techniques to recognize early triggers and cope by learning better ways to respond, including the importance of medical care, re-thinking your caregiving role, and relaxation techniques. Sponsored by the North Central Texas Caregiver Teleconnection
Wednesday, December 17th	10:00 am	Foot Care...To Cut or Not to Cut: That is the Question with Cynthia Hemesath, D.P.M. Do you or your loved one have foot problems? It's more common that you think. Listen to Cynthia Hemesath, D.P.M., (Podiatrist) discuss proper foot care to include nail trimming, dry cracking feet, discoloration, and fungal feet. Dr. Hemesath will also discuss how to treat the entire foot to prevent reinfection, proper shoe gear for various shapes of feet and deformities such as bunion or hammertoes, and treatment for edema in the lower extremities and feet.

*From our family to yours....
Happy Holidays and have a Prosperous New Year!!!*

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Confidential. Free.



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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*****