

**Call. Learn. Share.**

Date	Time	Topic
Tuesday, May 1st	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona)	<b>Talking about Suicide: Overcoming the Taboo with Stacey Freedenthal, PhD, LCSW</b> <i>Stacey Freedenthal, PhD, LCSW will discuss the need for caregivers to directly ask people at risk for suicide if they are having suicidal thoughts, obstacles to having this conversation, and ways to overcome those obstacles. This will include discussing specific techniques for asking about suicidal thoughts.</i>
Thursday, May 10th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific (Arizona)	<b>Lucy Barylak, MSW as "Dear Lucy"</b> <i>Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. <b>You can submit your questions or comments by e-mail or phone.</b></i>
Monday, May 14th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona)	<b>Maintaining Dignity in Dementia with Melissa Griffin</b> <i>How do caregivers maintain dignity while their loved one becomes increasingly dependent on them? Join this presentation lead by the Alzheimer's Association to learn tips on preserving dignity for the person with the disease and increasing their quality of life. <b>***Sponsored by the North Central Texas Caregiver Teleconnection***</b></i>
Tuesday, May 29th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona)	<b>Strategies for treating dementia-related sleep issues with Nancy A. Hodgson, RN, PhD</b> <i>Most individuals living with dementia experience changes in their sleep patterns. Understanding and treating these sleep disturbances can be challenging for caregivers. Research suggests that sleep medications are not effective; however, nondrug approaches are helpful in improving sleep in persons with dementia. This presentation will describe the link between dementia and sleep disorders, and discuss strategies for treating dementia-related sleep issues.</i>



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**Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free**

**\*\*\*Registration required at least 24 hours in advance\*\*\***