

# October 2017

Supporting seniors and family caregivers

2 <b>TeleConnection:</b> What you need to know about Medicare and Open Enrollment 11 a.m.	3	4	5	6
9	10	11	12	13 <b>TeleConnection:</b> Using Journal Techniques to Manage Self-care while Caring for a Loved One 1:00 pm
16 <b>TeleConnection:</b> Long Distance Caregiving 12pm	17 <b>Grupo de Apoyo para Cuidadores de Personas Adultas Mayores</b> 11:30 am	18	19	20
23 "Tips Communicating with Someone with Alzheimer's Disease" 1:30 p.m.	24 "Consejos de Como Comunicar con una Personas con Alzheimer's" 1:30 p.m.	25 <b>TeleConnection:</b> The Danger of Depression 11 am	26	27
30	31 "Compassion in Action" 11 a.m			

**Free and Bilingual programs designed to educate and empower family caregivers--give us a call 956-630-6667**



Programs Partially funded by:



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