

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Attention Family Caregivers: Stress Busting Classes-General Starting Sept. 10th! NE Senior Ctr-Thousand Oaks Space is Limited Call Cindy Robles to Register 210-254-1489	5 Teleconnection: Living Alone with Dementia with Mike Splaine 11:00am	6	7 
10 10:30- 11:30am Caregiver 101- Support Group Northeast Senior Center 1:00-2:30pm Stress Busting General Week 1 NE Senior Center 4135 Thousand Oaks, 78217	11	12 10:00-11:30am Caregiver Support Group- Lopez Senior Center	13 Teleconnection: Lucy Barlyak, LMSW as “Dear Lucy” 10:00am 9:30-11:00am Caregiver Support: Doris Griffin Senior Center	14
17 1:00-2:30pm Stress Busting General Week 2 NE Senior Center 4135 Thousand Oaks, 78217	18 Teleconnection: Mouth Health/Body Health with Sara J Hirks, DDS 1:00pm	19 Spanish Teleconnection: Diagnóstico y tratamiento de la demenia con el Dr. Nestor Praderio 10:00am	20	21 10:00 -11:00am Caregiver 101- Support Group- Rainbow Senior Center/Kronkosky Place- Boerne
24 1:00-2:30pm Stress Busting General Week 3 NE Senior Center 4135 Thousand Oaks, 78217	25	26 10:00am-11:30 am Caregiver Support Group- Lopez Senior Center	27 10:00am-11:00am Alzheimer’s Support Group Doris Griffin Center Teleconnection: Hospice Care with Dr. Heather Veeder (Vitas Healthcare) 11:00am	28 Quote: “It’s not how much you do, but how much love you put in the doing”. Mother Teresa

September 2018
 For Families and Friends
 caring for an older loved
 one

Caregiver SOS at
WellMed
Charitable
Foundation
 8353 Culebra Rd
 San Antonio, TX
 78253
 210-254-1489

