

Monday	Tuesday	Wednesday	Thursday	Friday
				1  American Heart Month
4	5 Teleconnection: The A's of Dementia with Tam Cummings 11:00am	6	7	8 
11 10:30- 11:30am Caregiver Support Group Northeast Senior Center Teleconnection: What services are available for Caregivers with Zanda Hilger 12:00pm	12	13 10:00-11:30am Caregiver Support Group-Lopez Senior Center	14 9:30-11:00am Caregiver Specialist on site Doris Griffin Senior Center  Teleconnection: Dear Lucy with Lucy Barylak. MSW 10:00am	15 10:00 -11:15am Caregiver 101- Support Group- Rainbow Senior Center/Kronkosky Place-Boerne
18 Dealing with Dementia Workshop Northeast Senior Center 9am-1pm	19	20 10:00-11:30am Caregiver Support Group-Lopez Senior Center Teleconnection: How to motivate without bullying during caregiving with Barry J. Jacobs . PsyD 11:00am	21	22
25	26 Teleconnection: Grief and Loss with Lori Ramos Lemasters 12:00pm	27 10:00-11:30am Caregiver Support Group-Lopez Senior Center Teleconnection: En Espanol Aprendí a identificar las 10 señales con Alejandra Scott 1:00pm	28 10:00-11:15am Alz. Caregiver Support Group Doris Griffin Senior Center	Quote: Family is not an important thing. It's everything. —Michael J. Fox, actor

February 2019
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

