

Alzheimer's Texas

MONTHLY NEWS

December

Dear Alzheimer's Texas Supporters,

For this last month of 2022, we want to share some highlights from this year with you! Please see below for upcoming events, tips for celebrating the holidays, and news from our respite and support groups.

We wish to extend our gratitude for your support throughout this year. In 2022, we celebrated caregivers at our [Hidden Heroes Caregiving Awards Luncheon](#), discovered meaningful resources in our [All About ALZ](#) series, shared experiences to help others in our [Caregiver Conversation](#) discussions, and connected with our Central Texas community throughout the year. At Alzheimer's Texas, our mission is to eliminate Alzheimer's disease and related disorders through the advancement of research and to enhance care and support for individuals, their families, and caregivers. Your generosity allows us to positively impact the lives of fellow Texans through educational programs, community outreach, and advocacy.

Thank you for supporting our mission at Alzheimer's Texas, and stay tuned for our upcoming events in 2023!

- Alzheimer's Texas Team

Upcoming Caregiving Conversation

Join us!

Thank you to all who participated in our collaborative group discussion by sharing strategies, experiences, and insightful tips during our last Caregiver Conversation session. Our next topic is **Cultivating Joy and Resilience During the Holidays- Tips for Caregivers**. The University of Texas Professor and clinical social worker, Joan Asseff, LCSW-S, will facilitate each Caregiver Conversations meeting, including relevant discussion questions to help attendees share experiences, barriers, strategies, and

ALZHEIMER'S TEXAS PRESENTS

CAREGIVER CONVERSATIONS

Hosted by
Joan Asseff, LCSW-S

Join us Thursday,
December 8th at 11:00 AM

much more. Please register below for these supportive, solution-focused conversations about caring for their loved ones living with dementia. Registration space is limited, so register today for our next session on **Thursday, December 8th, at 11:00 AM.**

RSVP Today!

Holiday Tips for Caregivers

HOLIDAY TIPS FOR CAREGIVERS

CREATE A SAFE AND CALM SPACE

ADAPTING HOLIDAY ACTIVITIES

CELEBRATING AT A CARE FACILITY

PREPARE HOLIDAY VISITORS

TAKING CARE OF YOURSELF

Caregiving During the Holidays

As we enter this holiday season, we understand that this time brings additional stressors for those caring for a loved one with Alzheimer's Disease and related dementias. Whether you are grieving a loved one or the many daily losses of dementia, coping with grief during this festive season is very difficult. These are emotional and practical challenges that caregivers and loved ones of those with Alzheimer's Disease must face during the holidays. Please see below to learn some strategies to best navigate the holiday season as an Alzheimer's caregiver and [Tips to make holidays more enjoyable.](#)

www.mayoclinic.org

The Power of Photos for Dementia Care

News From Alzheimer's Texas Respite and Support Groups

Wesley Respite Center

A Time Away for Caregivers- Wesley Respite Center provides a free benefit to the community offering activities to those participants who have the early stages of dementia and still live at home. The group meets at First United Methodist Church, Marble Falls, every Thursday. This gives caregivers an opportunity to have some time away. The activities include a program, games, exercise, lunch, and singing. Volunteers are paired up with each participant to help them throughout the day and to build friendships. They have openings now. Call 512-639-2295 to apply.

Brochure

Alzheimer's Texas Respite and Support Groups

Caregiver support groups can be a vital lifeline for caregivers of persons with dementia. Support groups help attendees understand they are not alone, share their feelings about what they are facing, and are a great way to learn from each other. Our groups are volunteer-run and meet at a variety of times and locations.

We keep current respite and support group information on our [website](#). Please email txprograms@txalz.org if you have any questions!

Website

Featured All About ALZ Presentation

Cultivating Joy and Resilience During the Holidays- Tips for Caregivers

In this presentation, Professor Joan Asseff, LCSW-S, shares specific self-care strategies to help caregivers support themselves during the holiday season. For those caring for loved ones living with dementia, the holiday season can be filled with complex emotions and experiences. Many family traditions and activities are less practical or not feasible when caring for someone with memory loss. While others are

Cultivating Joy and Resilience During the Holidays: Tips for Caregivers

Presented by



Joan Asseff, LCSW-S

preparing for celebration and joy, caregivers can feel sadness, anxiety, and isolation. Taking practical steps and planning ahead can help caregivers build resilience and experience joy in old and new ways during the holidays.

Cultivating Joy and Resilience During the Holidays Recording

[*Each presentation also includes additional research articles and materials to provide further learning opportunities.](#)

#GivingTuesday 2022



Thanks
for giving.

Nov 29, 2022

**GIVING
TUESDAY**

The graphic features a circular photograph of a woman with blonde hair, wearing sunglasses and a dark blue t-shirt, waving her hand. In the background, there are other people and large blue and yellow balloons, including a large number '25'. The text "Thanks for giving." is written in a large, blue, sans-serif font. Below it, "Nov 29, 2022" is written in a smaller, teal font and underlined. At the bottom right, the words "GIVING TUESDAY" are written in a bold, blue, sans-serif font, with a red heart icon above the word "GIVING".

Thank you!

Your generosity helps create a better Central Texas for all of us. We rely on the support of our community and appreciate your enthusiasm for our mission to positively impact the lives of fellow Texans through educational programs, community outreach, and advocacy.

At Alzheimer's Texas, we believe that giving back to the local community helps serve caregivers and family members for those with Alzheimer's Disease and related dementias. Our work relies on the generosity and passion of the people in our community who take action for good by donating and volunteering with us.

It's not too late to donate, sign up to volunteer, or share our mission! Please see below for more information.

Support Alzheimer's Texas

Donate

Subscribe

Follow Us



Alzheimer's Texas

7000 N. MoPac Expy Suite 200 | Austin, Texas 78731

(512)241-0420 | txprograms@TXAlz.org