

Alzheimer's Texas

MONTHLY NEWS

January

Dear Alzheimer's Texas Supporters,

We wish you a Happy New Year! As always, thank you for your continued support and trust in us. Here's to a fantastic 2023!

Please see below for updates to our respite and support groups and more information on our next Caregiver Conversation session.

- Alzheimer's Texas Team

News From Alzheimer's Texas Respite and Support Groups

The Gathering



The Gathering is a fun and engaging memory loss respite program located at Westlake Hills Presbyterian Church in Austin, Texas. This weekly program gives caregivers a break while their loved one spends 4 hours participating in activities and socializing with a caring group of trained volunteers.

- **Who:** People experiencing memory loss such as Alzheimer's and similar dementias
- **No Charge:** Free of charge but donations are appreciated
- **Location:** Westlake Hills Presbyterian Church, 7127 Bee Caves Road Austin, TX 78746
- **Day/ Time:** Wednesdays 9:30am – 1:30pm (Lunch is included)
- **Basic Requirements:** Independent using restroom, eating, and walking (may use cane or walker)





- Basic Admission Process: Phone screening (with caregiver), Paperwork, Meet & Greet (with caregiver & participant)

We welcome and are open to people of all religious backgrounds.

To find out more information and get signed up, **please contact us via email** thegathering@whpc.org

LuCinda Chiles, The Gathering Director, 512-327-1116 ext. 103

Diana Stoller, Parish Nurse, 512-327-1116 ext. 105

For more information, please see the website below.

[The Gathering Website](#)

Upcoming Caregiving Conversation



Join us!

We are thrilled to continue our Caregiver Conversation series in the new year!

Joan Asseff, LCSW-S, will facilitate each Caregiver Conversations meeting, including relevant discussion questions to help attendees share experiences, barriers, strategies, and 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 **Tuesday, January 31st, at 1:30 PM.**

[RSVP Today!](#)

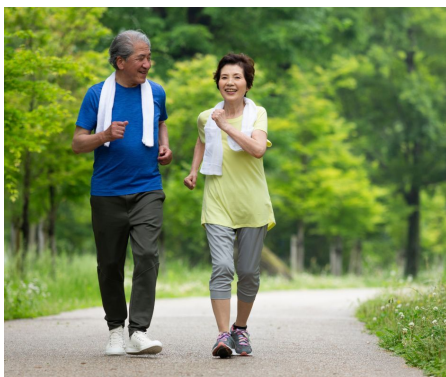


Impacts of COVID Social Isolation on People Living with Dementia and their Care Partners

In this article, Joan Asseff, LCSW-S, describes the impact of social isolation on older adults and how to minimize this impact through supportive measures. Please see below for the full article.

[Read More](#)

Benefits of Exercise for People Living with Dementia



In this presentation, Joan Asseff, LCSW-S, presents the research that has long shown the benefits of exercise, including for those living with dementia and their caregivers. Exercise is associated with improved quality of life for a person living with dementia by improving a wide array of common symptoms. This presentation covers an overview of literature on the benefits of exercise for people living with dementia and their caregivers. Dementia friendly exercise strategies and approaches are also described. This presentation is appropriate for caregivers, family members, and helping professionals supporting or implementing an exercise plan with a person living with dementia.

[Watch Presentation](#)

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

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!

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Alzheimer's Texas

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