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GPS: Navigation for Caregivers Conference

- Monday, February 22nd 10:00-11:30 am:
 "Effectively Utilizing In-Home Health Care" Jennifer Prescott, RN, MSN, CDP; Founder of Blue Water Homecare
- Tuesday, February 23rd 10:00-11:30 am:
 "When It's Not Alzheimer's Disease"
 Sarah Hyde-Williams, CADDCT, CMDCP, CDCM;
 Founder of Senior Living Advisors of Austin
- Wednesday, February 24th 10:00-11:30 am: "COVID-19 Updates" Dr. Mary Theoktisto, M.D.; Infectious Disease Expert with Baylor Scott & White Health
- Thursday, February 25th 10:00-11:30 am: "How to Pay for Long-Term Care" Lina Supnet-Zapata, MBA, CTXG, CMC; Executive Director/Managing Partner for MIR Care Consultants, Inc.
- Friday, February 26th 10:00-11:30 am:
 "Keeping Your Sanity While Caregiving" Jessica Lehmann;
 Executive Director of AARP Texas



ARDEN COURTS OFFERS COMPLIMENTARY HOME VISITS

Our specially trained Arden Courts memory care advisors would like to help you with your memory care needs. Our staff who have been regularly tested for COVID-19 and follow all CDC protocols and can either meet at your home or at another location of your choice to discuss:

- Planning for a crisis
- Planning for a future with dementia

- Safety home assessmentMemory assessment
- How to place in a memory care community during COVID-19

Help is just a phone call away. Call today to schedule your personalized home visit.

By reaching out to an Arden Courts' memory care advisor, we can also provide you with many resources, free virtual dementia education information, and support group locations which can offer caregivers in coping strategies and helpful caregiving tips.

To arrange for your home visit, contact:

Arden Courts of Austin **512.918.2800**

CALL TODAY FOR YOUR FREE COPY OF DR. TAM CUMMINGS' BOOK, UNTANGLING ALZHEIMER'S: THE GUIDE FOR FAMILIES AND PROFESSIONALS.





Texas Senior Living Locators can help you find an assisted living or memory care community htat is best for your loved one, and it's at no cost to you. We start by listening to you and learning about what your family member who is moving needs and does for diversion. Our senior living experts are educated on the paperwork process, medical forms needed, and the quality of care your loved one will receive. We are local, we know the senior living landscape intimately, and can help match your family member with one of Central Texas' senior communities based on your specific needs.

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- Customized Transition Plan

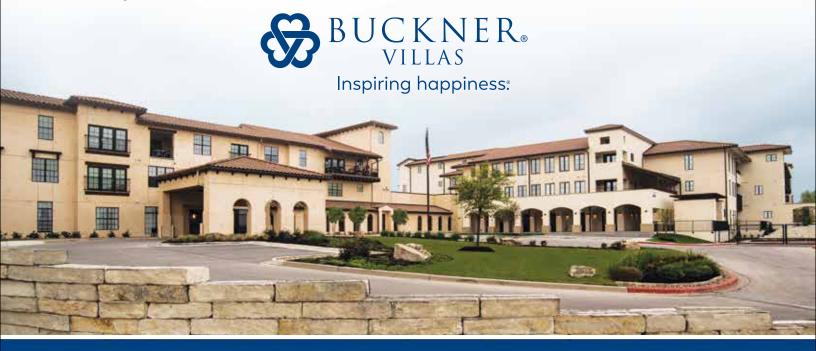
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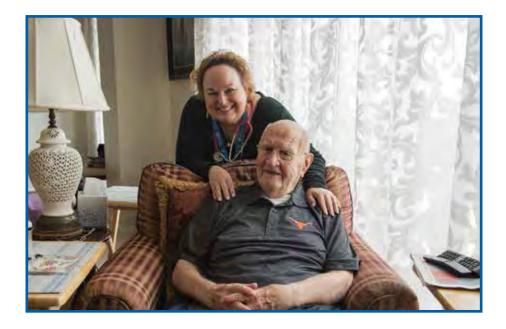
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Caregiver Support Group Riverbend Church

meets via Zoom every Monday, alternating afternoons and evenings

for more information email: sebutler@austin.rr.com

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Hosting Organizations

Riverbend Church aims to make Austin a great place for all people as a leading spiritual voice in our community. Creating authentic community. Celebrating the arts in our community. Serving our community. Championing the message of God's grace.

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Come find your place, relax, and feel free to participate at your own pace and in your own way, just as you are. Learn more at www.Riverbend.com



AGE of Central Texas is a leading regional non-profit organization delivering services, education, and assistance supporting the area's rapidly growing population of older adults and their caregivers. The organization's six core services include adult day health centers, caregiver education, early memory loss support, health equipment lending, a resource information center, and peer-based computer classes for older adults. Founded in 1986, AGE's services are designed to cultivate strength, compassion, and community. Visit www.AGEofCentralTX.org or call (512) 451-4611.

Sponsors

Thank you to our sponsors for making this event possible:

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Sarah Hyde-Williams, CDP CADDCT CDCM CMDCP CALM Senior Living Advisors of Austin

Sarah Hyde-Williams is deeply passionate about serving seniors and their families in navigating the various options offered by the senior housing and eldercare industry. She has long been an elder care expert and community resource through her various roles within Assisted Living and Dementia-Supportive Communities, along with Home Health and Hospice Care. She has profound respect for the families she guides through what is often a difficult and overwhelming time, becoming a trusted

resource and unbiased confidant. Her focus of practice includes senior housing placement, advance care planning, educational/speaking events, training and support groups.

She currently serves the Central Texas area as the Facilitator/Educator for the Lewy Body Dementia Association, and active member of both National Association of Senior Advocates and National Placement & Referral Alliance. She currently holds the following certifications and licensures: State of Texas Certified Assisted Living Manager, Certified Dementia Practitioner, Certified Alzheimer's Disease & Dementia Care Trainer, Certified Montessori Dementia Care Professional, Certified Dementia Care Manager, Certified Online Training Professional.



Jessica Lemann AARP Texas

Jessica Lemann has been with AARP for 13 years beginning her career in the AARP Louisiana office as a Senior Program Coordinator overseeing their volunteer program and on their Livable Communities team serving the Hollygrove neighborhood of New Orleans in their rebuilding efforts after Hurricane Katrina. Jessica has spent the last ten years with AARP in Austin Texas as the Associate State Director of Outreach and Advocacy. In this role, Jessica works with volunteers and community partners to bring AARP

resources and programming to central Texas. She also advocates for policies and programs that make Austin an Age Friendly Community for people of all ages and one where older adults can remain independent in their homes and communities for as long they choose. Jessica is the proud mother of two sons and two dogs.



Jennifer Prescott, RN, MSN, CDP

Blue Water Homecare

Jennifer Prescott is the founder of Blue Water Homecare and a Registered Nurse. She is responsible for the strategic direction, vision and growth of the fastest growing independent Home care agency in Central Texas.

As a seasoned professional with more than 25 years of experience in nursing and clinical operations, Jennifer is known for compassionate care for the elderly and maximizing operational excellence. She most recently served as Regional Executive Director at Altus Hospice where she increased sales 300% and tripled

the average daily census in 2 1/2 years. Before that, Jennifer was Nurse Manager Operations at Duke

University Hospital where she managed the daily operations of three ambulatory clinics serving 36,000 patients per year. During her tenure, initiatives Jennifer led resulted in a 75% reduction in fall rates during a six-month period. Jennifer began her nursing career learning industry best practices at world class Children's Hospital of Philadelphia.

Jennifer holds a Master's of Science in Nursing from Duke University specializing in Healthcare Leadership, and a Bachelor of Science in Nursing from University of Delaware. Jennifer proudly serves as an Executive Board Member for Capital Area Parkinson's Society, and VP of Outreach and Support groups She previously on the Executive Board of The Alzheimer's Association Central Texas Chapter. Jennifer is a Certified Dementia Practitioner (CDP). She is based in Austin, Texas.



Lina Supnet-Zapata, MBA, TxCG, CMC Mir Senior Care Consultants

Lina has more than 25 years of experience in the healthcare industry. As Community Educator and Area Director for ten years in the hospice industry, she worked with families and health care providers educating and advocating for increased awareness and better understanding of issues that emerge during end of life care.

In 2013, she joined her mother-in-law, Frances Mir, to oversee operations for Mir Care Consultants, Inc. founded in 2004. Lina's passion, commitment

and dedication for patient advocacy, consumer health education, ensuring accountability and excellence in care, assure individuals' choices are honored.

As Vice President of Mir Senior Care Consultants, Lina advocates that pre-planning in a complex health care system will help their clients and families to maintain control of their choices and achieve greater peace of mind. Lina serves on the boards of AGE of Central Texas, the Aging Life Care Association, and is an active member of Women's Business Enterprises, Texas Guardianship Association, Dementia Friendly America and the Austin LBGT Chamber.

When not working or volunteering, Lina spends time with her husband Orlando, three grown children, three dogs, playing pickle ball and traveling.



Mary Katherine "Katie" Theoktisto, MD Baylor Scott and White Health

Dr. Mary Katherine "Katie" Theoktisto, MD, attended medical school at St. George's University School of Medicine in True Blue, Grenada, West Indies, and completed her residency at the University of Texas at Austin Dell Medical School as a Physician Resident in Internal Medicine. She also holds a residency at the University of Texas Health Science Center San Antonio as a Clinical Fellow in Infectious Disease. She is member of the IDSATexas Medical Society, and specializes in infectious diseases.

Dr. Theoktisto enjoys getting to know her patients. By taking the time to educate them on a particular disease process, she helps them achieve their health goals. Her passion for infectious disease and public health means she's always looking to help her community heal.

In her free time, Dr. Theoktisto likes rowing, working out, hiking, reading, cooking, and traveling. She loves exploring new places and spending time with her family and friends.

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Imagine days full of new possibilities in your beautiful apartment at The Village. Discover an exceptional lifestyle that offers delicious cuisine, enriching programs, concierge and valet services, transportation and signature amenities. The distinctive lifestyle offered at The Village at The Triangle is centered around you and the life you deserve.

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MUSICAL LAST WISHES

Swan Songs fulfills musical last wishes by organizing private concerts for individuals with a terminal illness or nearing the end of life. At no cost to the family, a favorite style of music or regional musician is brought directly to the home or care facility. Committed to supporting live music in the community, Swan Songs compensates its musicians for each performance.

*See below for temporary changes in the Swan Songs mission due to the pandemic.

COVID-19 UPDATE

SWAN SONGS PANDEMIC POLICY CHANGES

Due to the COVID-19 pandemic, the Swan Songs' team has successfully pivoted to a virtual delivery of our program. During these extraordinary times and the new reality of social distancing, we are offering **virtual concerts only.**



In addition, we recognize that there are many who are struggling with serious health issues while isolated from loved ones and caregivers, or who are living in healthcare facilities and unable to have visitors. To address this expanded need for connection and comfort, **Swan Songs is softening the boundaries of our mission by** *temporarily* **removing the "end of life" requirement to request a concert.**

Until the Covid-19 pandemic is under control and it is safe to return to more normal interactions, the Swan Songs Board of Directors and staff are committed to bringing comfort through music to as many as we can reach.

Do you know a senior who is isolated in a long-term care facility? A friend who is recovering from surgery at home and can't have visitors? An elder who lives alone and hasn't seen their family in months? People who have meals dropped off on their porch, but misses their regular visits from a Meals on Wheels volunteer? Perhaps a personalized concert featuring their favorite music would bring some joy into their day. And of course, we are continuing to fulfill musical last wishes for those who are nearing the end of life. For more information or help requesting a free concert please call Karen McElhatten at 512-294-9540, Nancy Mohn Barnard at 512-914-2917 or go to https://swansongs.org/



Caregiver Support Program: 1-888-622-9111

Partially funded by Health and Human Services

www.AAACAP.org

Services Available on a Short-Term Basis to Individuals Age 60 and Older and Their Caregivers

- Information, Referral & Assistance: Information about region-wide resources available to older adults.
- Benefits Counseling: Information and counseling about government benefits programs Medicare Specialists
- Ombudsman Program: Advocates for residents of nursing and assisted living facilities; specially-trained and certified to protect residents' rights.
- Care Coordination: Assesses needs and plans for care to link consumers to in-home services to support safe community living.
- Caregiver Support: Support for family members who are caring for older individuals, adult children with disabilities or relative children, arranges services to support the caregiver, and assists with long-range caregiving plans.
- Health & Wellness: Evidence-based workshops to promote healthy aging -Falls Prevention (AMOB), Medication Safety Screening, Stressbusting for Caregivers, and Chronic Disease, Diabetes, and Chronic Pain Self-Management.

Serving Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis & Williamson Counties

A Program of the Capital Area Council of Governments, partially funded by Health and Human Services

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Blue Water Homecare's skilled caregivers provide personal care, companionship services, light housekeeping, meal preparation and transportation assistance while allowing seniors to maintain their freedom and independence. We do this by providing the highest quality and most comprehensive non-medical home care services in central Texas.

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Founded in 2004, Mir Senior Care Management, Inc. & Care Consultants serves individuals facing the challenges and complexities of aging and special needs by delivering the highest quality of life care management services.

Our staff of licensed and certified professionals offer:

- Family Coaching & Support
- Health Advocacy
- Household Coordination
- Quality of Life Advocacy
- Innovation in Transition of Care

- Financial Coordination
- Legal Referrals & Collaboration
- Certified Guardian Program
- Expertise in Special Needs Trusts

We assist families, individuals, adult elder children, medical professionals, lawyers, trust officers and healthcare professionals.



Senior Care Management, Inc. & Care Consultants

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Senior Living Advisors of Austin is an elder care advisory service, guiding families in finding care for an aging loved one through our personalized Senior Housing Placement, Advance Care Planning and Consulting.

We also partner with Assisted Living/Memory Care communities, Skilled Nursing facilities, Home Care and Hospice agencies in offering education and training in obtaining a Certified Memory Care Commendation.

Senior Li

of Austin

Sarah Hyde-Williams, Elder Care Consultant m: 832-794-8810 | Sarah@SLAAustin.com

www.seniorlivingadvisorsaustin.com



GET THE FAMILY CAREGIVING SUPPORT YOU NEED, WHEN YOU NEED IT

Your caregiving journey can be challenging in all kinds of ways.

You never know where it might lead you next.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find resources online and close to home. So you can take care of what matters most

To learn more, visit aarp.org/caregiving.



AARPTexas@AARPTX

Are you interested in a once-a-week day respite program for caregivers and their loved ones?

coming in late 2021 to Riverbend Church



for more information about participation or if you would like to volunteer

email: sebutler@austin.rr.com





Caregivers - discover local caregiver resources, learn new skills, and connect with other caregivers and local experts on aging!

FREE Virtual Conference: March 30th - April 2nd



1:00 p.m. - 2:30 p.m. each day

Sign up today! Space is limited, and registration is required.

Register online: www.TinyURL.com/AGEcamp2021

For assistance in registering, call (512) 600-9275



Keynote Presentations:

Tuesday, March 30th: "I'm a Caregiver, Now What?!" Lori Hill, CaregiverU Program Associate



Wednesday, March 31st: "Tackling Medical Issues" Lina Supnet-Zapata, Executive Director/Managing Partner, MIR Care Consultants, Inc.



 "Preventing Falls & Caregiver Safety" Dr. Amy Walters, Assistant Professor and Doctor of Physical Therapy Program, St. Augustine University
 Friday., April 2nd: "The Caregiver Playbook"

Thursday, April 1st:

"The Caregiver Playbook" K.C. Lawrence, LMSW Virtual Connections Program Manager, AGE of Central Texas



- Hosted by -AGE of Central Texas and the Williamson County EMS Community Health Paramedic Program



A CAREGIVER'S PRAYER

Heavenly Father, help me better understand and believe I can do what You ask me to do. Forgive me for the times, even now, when I question Your judgments.

As I go about the many daily tasks of caregiving, give me energy. As I watch my loved one oh-so-slowly walk across the room give me strength.

As I answer his/her repeated question just one more time, give me patience. As I look for solutions to whatever is the most recent concern, give me wisdom.

As I reminisce with him/her about the "good old days," give me a moment of laughter. As I get to know my loved one in a new way, seeing both his/her strength and frailty, give me joy.

As I sit beside my loved one's bed waiting for his/her pain medication to take effect, give me comfort.

Lighten my burden, answer my prayer, and give me the strength to do what so often seems impossible.

Give me a quiet place to rest when I need it and a quieting of my anxieties when I'm there. Change my attitude from a tired, frustrated and angry caregiver to the loving and compassionate one I want to be.

Remain my constant companion as I face the challenges of caregiving and when my job is through and it is time for me to let go, help me remember he/she is leaving my loving arms to enter your eternal embrace.

In the name of Christ, I pray.

Amen.

—Dean Busboom Senior Adults Ministry Pastor Riverbend Church

AGE of central texas

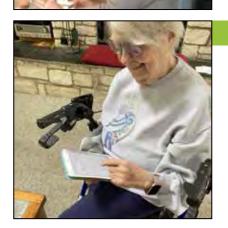
Virtual Connections

AGE of Central Texas is offering a new program of innovative virtual services for older adults and care partners to help you thrive. The **AGE Virtual Connections Program** is a monthly subscription program offering group and virtual activities designed for different cognitive levels.

In collaboration with you, we create an individualized service plan, then provide tailored services or connect you to vetted service providers in the community to meet your goals and needs.

Assessment & Plan of Service:

- Individualized service assessment
- Collaborative goal-setting and customized service plan
- Monthly meeting to review service plan, discuss goals, needs, and feedback



Services:

- Designed to be challenging and engaging for current level of cognitive function
- Group virtual activities offered multiple times a week
- Connection to 1-1 volunteer services to meet goals
- Caregiver support groups
- Information about coping with cognitive changes, community resources, caregiving, and more



Benefits:

- Opportunities for social connection with others facing similar challenges
- Brain exercise
- Try new activities that are designed for you
- A schedule to help create routine and structure in your day
- Participate independently
- Have fun and make new friends!

- Example Schedule of Weekly Group Activities -

MONDAY: 2:00 pm: Art or Creative Writing TUESDAY: 10:30 am: Brain Boosters 2:00 pm: Social Hour WEDNESDAY: 10:30 am: Bingo 2:00 pm: Live Music or Emotional Support Group THURSDAY: 10:30 am: Discussion & Reminiscence and Physical Exercise 2:00 pm: Music Bingo FRIDAY: 10:30 am: Caregiver Support Group 2:00 pm: Social Hour

Each meeting lasts 1 to 11/2 hours and is held using the Zoom virtual platform, with options to participate via video or audio. AGE staff will provide you with service options that will meet your individualized needs, which may not include all these items.