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February 25, 2023

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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.

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Arden Courts 
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Texas Senior Living Locators can help you find an assisted living or memory care community that 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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GPS: Navigation for Caregivers Conference

9:00 - 9:30 am:

Registration, Sponsor Fair, Breakfast

9:30 - 9:45 am:

Welcome

Mark Johnson, Pastor to Boomers at Riverbend
Dean Busboom, Pastor to Seniors at Riverbend

9:45 - 11:15 am:

Session #1 - When to Take Charge

Mike Gill and Donna Clement of Texas Senior Living Locators,
and VeeCee Spear of Barnett & Leuty, PC, will discuss aging in place,
knowing when it's time to make a change, and how to pay for it.

Moderated by Rob Faubion of AGE of Central Texas.

11:15 - 11:45 am:

Lunch and Sponsor Fair

11:45 am - 12:45 pm:

Keynote - The Caregiving Continuum: Aging at Home, Then What...And How?

Mike & Kim Barnes of "Parenting Aging Parents"

12:45 - 2:00 pm:

Session #2 - When Your Caregiving Journey Changes

Cyndi Cummings of The Cummings Home Team, Seana Wheeler of Arden
Courts Memory Care, and June Waters of the Texas State Ombudsman's
Office will help with the challenges of a stressful move and explore the
"secrets" of advocacy and care partnership in a long-term care community
or facility. Moderated by Sharon Butler of Riverbend Church.

2:00 pm:

Adjourn

Sponsors

Thank you to our sponsors for making this event possible:

Underwriting Sponsor:

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Presenting Sponsors:

Arden Courts Memory Care

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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 by creating authentic community, celebrating the arts in our community, serving our community, and championing the message of God's grace.



Come find your place, relax, and feel free to participate at your own pace and in your own way, just



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.



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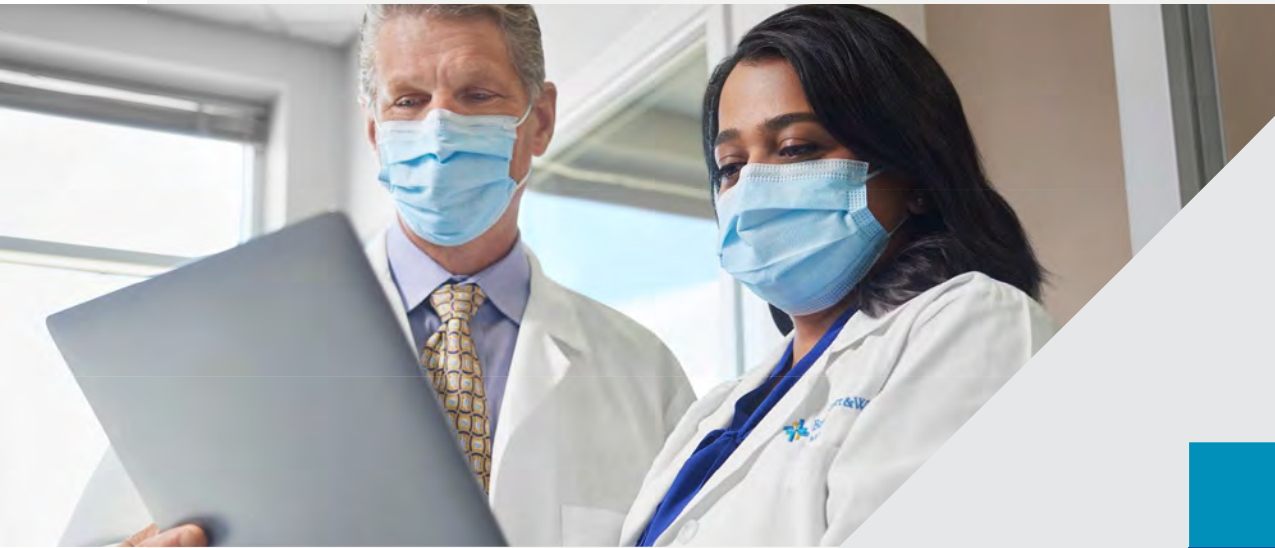
Founded by:
Kim & Mike Barnes

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to help those preparing to care for or
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Keynote Speakers

Mike and Kim Barnes

Parenting Aging Parents

Mike and Kim Barnes are well-known Central Texas media personalities and news professionals, who stepped away from the spotlight when their caregiving journey intensified. Mike's mom has Alzheimer's, his dad is in his 80s, and Kim's mom is also in her 80s. They created the website "Parenting Aging Parents" to provide access to experts, share resources, and build a community so that we know the right questions to ask, what services and assistance are available, and how to find them -- so that no caregiver will feel alone on their journey.



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THE LIGHTHOUSE AT RIVERBEND

A Memory-Loss Respite Program for Families

Caregiver burnout is a real thing! 80% of those living with dementia are cared for at home, and about 25% of these family caregivers also have children at home. Caregivers of people with Alzheimer's and related dementias are at greater risk for anxiety, depression, and poorer quality of life than caregivers of people with other conditions. In a 2018 study, 17% of dementia caregivers died before their care recipients due to stress.** That number has been reported in other studies to be as high as 35%.*

The Lighthouse at Riverbend is a FREE, half-day program offering respite for the family caregiver, while providing meaningful, safe and fun activities for their loved ones who live at home with memory loss or dementia. The program will take place on Tuesdays starting in October in the Student Center. Registration for participation is required.

Not a “baby-sitting” service, this half day includes various activities with a consistent schedule, programmed specifically for this population. Story sharing, current event discussions, exercise and yoga, musical entertainment, games and other group activities are scheduled with intention and purpose. We highlight holidays and work with different themes every week to encourage involvement. Plans include visiting concerts and entertainment by the Riverbend Preschool children for a multi-generational experience.

The Lighthouse is volunteer-led and operated, and is supported through donations, grants and community partnerships. It is offered free to the Austin area community.

Our “Lighthouse Friends” (one-on-one volunteers) undergo training in the areas of dementia, Alzheimer’s, memory loss and caregiving. Our volunteers will serve as confident companions and a ready resource for family members utilizing the Lighthouse. One-on-one volunteers will also undergo background checks.

Participants are typically those individuals with early- to mid-stage memory loss, dementia, or Alzheimer’s Disease. Criteria for acceptance include continence, being ambulatory, able to eat independently without swallowing difficulty, communicative, and not prone to regular wandering. Each prospective participant and their family member will be interviewed prior to acceptance and will complete the required intake forms.

The Lighthouse is not a licensed facility and no medical service or medication administration is provided.

Contact Sharon Butler at sbutler@riverbend.com for information on participation and/or volunteering.

* US Centers for Disease Control and Prevention (CDC), 2019

* US National Institute of Health (NIH), 2018



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Caregiver Support Program

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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, Building Better Caregivers, and Chronic Disease, Diabetes, and Chronic Conditions and Chronic Pain Self-Management.

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On Sunday morning we offer multiple service styles, each featuring a thoughtfully prepared, Biblically inspired message about real life issues in real life terms. We provide this variety of expression so that you will be able to find a service style that suits you and makes you feel at home.

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- **9:00AM TRADITIONAL**
Intimate, hymn-based worship in the Chapel
- **10:30AM CONTEMPORARY**
Engaging worship in our main auditorium, the Home for Hope

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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

A regional non-profit that helps older adults and family caregivers thrive

Give Us a Call!
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Thrive Social & Wellness Centers - Central: (512) 458-6305 | Williamson County: (512) 255-4865

- Providing vibrant daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas, with specialized care in secure facilities for individuals living with dementia, memory loss, or physical changes due to aging.
- Locations in Austin and Round Rock, open Monday through Friday from 7:00 am to 5:30 pm, and opening Summer 2023 in South Austin – email us at SouthThrive@AGEofCentralTX.org for more information.
- Full-time nurse at each site to assist with medication management and health monitoring.
- All-inclusive: engaging activities, meals and snacks, and transportation options.
- Accepting Medicaid, Veteran's benefits, long-term care insurance, or private pay at \$75 per day, plus sliding scale for those who qualify.

AGE of Central Texas Is an Equal Opportunity Provider

Information & Resource Center - (512) 600-9275

- Free personalized resource and information navigation.
- Free monthly caregiver support groups throughout Central Texas and online.
- Free educational seminars, workshops, and conferences for family caregivers and older adults.
- We are here to answer your questions about aging and caregiving – call (512) 600-9275 or email ResourceCenter@AGEofCentralTX.org for assistance.

Health Equipment Lending Program - (512) 600-9288

- Free gently-used durable medical equipment and free incontinence products available.
- We welcome donations of basic durable medical equipment and incontinence products.
- Call (512) 600-9288 or email Equipment@AGEofCentralTX.org to request, reserve, or donate items.

Memory Connections - (512) 763-2148

- A comprehensive online support program for older adults experiencing mild or early-stage cognitive changes.
- Monthly subscription program helps participants take a proactive approach to maintaining their quality of life.
- Central Texas' only source for Cognitive Stimulation Therapy, an evidence-based intervention designed to actively stimulate the brain in a positive social environment.
- Includes "The Trailhead" brain health series, support groups for participants and care partners, daily online activity schedule, and ongoing individualized support.

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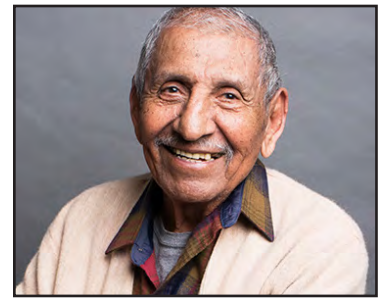
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Central Office and Thrive Center:
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Williamson County Thrive Social & Wellness Center:
475 Round Rock West Drive, #120; Round Rock, TX 78681



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- Full-time nurse at each location to assist with medication management and health monitoring.
- All-inclusive member services including activities, meals and snacks, and transportation options.
- Open Monday - Friday, 7:00 am - 5:30 pm.
- Accepting Medicaid, Veterans Administration benefits, long-term care insurance, or private pay at \$75 per day, plus sliding scale for those who qualify.



**Opening in
South Austin
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AGE of Central Texas is an Equal Opportunity Provider

AGE of Central Texas is a non-profit organization dedicated to helping older adults and their caregivers thrive as they navigate the realities and opportunities of aging and caregiving. AGE's interrelated programs enhance the health and well-being of older adults and those who care for them, to make aging a shared journey marked by connection, strength, and vitality.

Call today for more information and to schedule a free tour:

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**Thrive Social & Wellness Center -
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Austin Area Memory Loss Respite

Programs / Locations / Contacts

Bright Horizons

(Lakeway area)

Monday

10:00am - 2:00pm

Emmaus Catholic Church

1718 Lohmans Crossing Road

Lakeway, TX 78734

Paula Hundl

paula.hundl@emmausparish.org

512-261-8500

The Lighthouse

(Westlake Near Pennybacker Bridge)

Tuesday

9:30am - 12:30pm

Riverbend Church

4214 N Capital of Texas Hwy

Austin, TX 78746

Sharon Butler

sbutler@riverbend.com

The Gathering

(Westlake near Bee Cave Rd & 360)

Wednesday

9:30am - 1:30pm

<https://thegatheringatwhpc.org>

Westlake Hills Presbyterian Church

7127 Bee Cave Rd

Austin, TX 78746

LuCinda Chiles, Director

Diana Stoller, Parish Nurse

thegathering@whpc.org

(512) 327-1116 LuCinda x103 & Diana x105

House of Friends

(Anderson Mill Rd & 183)

Thursday

9:30am - 12:30pm

Bethany United Methodist Church

10010 Anderson Mill Rd.

Austin, TX 78750

Susie Petersen

susie.petersen@bethany-umc.org

(512) 258-6017 x254