



Caring Together Newsletter

This Issue: Alzheimer's and Brain Awareness Month

Summer 2021 Edition - Volume 1

Dear Caregiver,

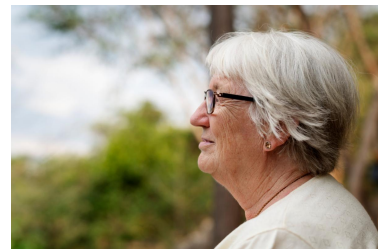
I hope this edition of *Caring Together* provides you with a moment to sit down and take a couple of breaths. We have made it halfway through the year in what feels like no time at all. The month of June is busy with the recognition of Pride Month, World Elder Abuse Awareness Day, and preparation for hurricane season. In addition it is Alzheimer's and Brain Awareness Month, which honors more than 6 million Americans living with Alzheimer's disease and other dementia, and the family and friends who love and support them. This edition of *Caring Together* highlights the importance of caring for your brain, and shares resources for education and support to stay happy and healthy.

Kandise Chrestensen
Coalition Coordinator

New FDA Approved Treatment for Alzheimer's Disease

This month has opened an exciting door for Alzheimer's care with the release of a new FDA approved treatment designed to slow the progression of the disease.

Click here to read the [Press Release](#) from the Alzheimer's Association.



To learn more about the new treatment and how to access it, the Alzheimer's Association is hosting a virtual discussion on **June 24th at 1:00pm**. [Click here to register](#).

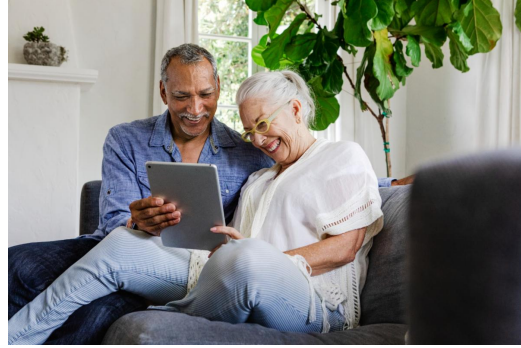


10 Ways to Love Your Brain

By the Alzheimer's Association

It's never too late or too early to start taking care of our brains. Research has shown that we can reduce the risk of cognitive decline by making healthy diet, exercise, and lifestyle choices.

[Read More](#)



Mayo Clinic's Alzheimer's Disease Research Center

The Alzheimer's Disease Research Center hosts educational webinars throughout the month and invites you to join the discussion on healthy brain aging, memory loss, dementia, and managing responsibilities of caring for loved ones with dementia.

[View ADRC Events](#)



**WORLD ELDER ABUSE
AWARENESS DAY**

Building Strong Support for Elders

Elder Abuse: It's More Than Scams

Tuesday, June 15, 10:00am - 11:30am

June 15th is recognized nationally as World Elder Abuse Awareness Day. Elder abuse is a silent problem that often robs older adults of their dignity and security. It is projected that by 2050, there will be roughly 320 million victims of elder abuse.

ElderSource, along with three other Florida Area Agencies on Aging, are presenting "Elder Abuse: It's More Than Scams," a free virtual workshop on Tuesday, June 15, from 10am to 11:30 am.

[Click Here for Registration and Information](#)

Staying Prepared During Hurricane Season



Preparing for a Crisis During a Crisis

It's important to start preparing for a storm as soon as possible. Due to COVID-19, the way we prepare on the First Coast is going to look different from years' past. In this Virtual Caregiver Workshop, find out how you and your loved ones can prepare for a hurricane during the era of COVID-19.

[Watch the Recording](#)

Hurricane and Disaster Preparedness Resources

The [2021 Preparedness Guide for Elders](#) from the Department of Elder Affairs has everything you need to know about about planning for a hurricane or other disaster so you can be prepared.

Be sure you know your flood zone, evacuation zone, and understand your homes ability to withstand strong winds and rain if you shelter in place. [Know Your Zone, Know Your Home](#)



Did you Miss Our May Virtual Caregiver Conference?

View the workshop recordings on our YouTube channel and subscribe to receive updates when we release new recordings.

- [Self-Care 911 COVID-19 Resilience Toolkit](#)
- [How to Succeed Without Burning Out](#)
- [Honoring Your Authentic Self Through Self-Expression](#)
- [Building Joyful Caregiving Experiences Using Humility, Hope and Humor](#)



Free Program to Support Caregiver Burnout

Thanks to a generous grant from the Florida Blue Foundation, ElderSource is launching a new caregiver support program called TCARE, which stands for Tailored Caregiver Assessment and Referral System Program.

How can TCARE help?

- Reduces your stress and provides strategies for reducing root causes of caregiver burnout
- Creates a care plan just for you that offers support and improves your effectiveness as a caregiver
- Connects you with resources that best meets your needs
- Promotes aging in place and may delay nursing home placement for your loved one

[Learn More about the TCARE Program](#)

Thank You 2021 Sponsors!

This year the Caregiver Coalition has received support from several generous sponsors. These donations contribute directly to bringing awareness to the needs of caregivers and collaborating to find ways to meet these needs. Thank you!



Florida Blue, 2021 Gold Sponsor



Community Hospice & Palliative Care, 2021 Gold Sponsor



AARP, 2021 Silver Sponsor



Baptist AgeWell Center for Senior Health, 2021 Gold Sponsor

Upcoming Virtual Events

15 June

10:00am

Elder Abuse: It's More than Scams

The free workshop features several subject matter experts who will offer participants information on the general signs of elder abuse, how to report it, how to address financial exploitation, how to avoid scams and fraud, and the tools needed to protect one's self. [Click here for more information.](#)

Thursdays
June 3 - 24

11:00am

The Pride of Caring Webinar Series, from WellMed Charitable Foundation

Are you feeling unprepared for your caregiving role? This series focuses on caregiver self-care and support networks, LGBTQ-friendly aging programs and long-term care. [Click here for more information.](#)

7 July

5:30pm

Nutrition for Brain Health Webinar with the Alzheimer's Disease Research Center

[Click here to view flyer.](#)

[View Full Event Calendar](#)

For more information,
or if you're interested in
volunteering or joining
the Caregiver Coalition, please contact:
info@caregivercoalition.org
904-391-6603



[Why Join the Caregiver Coalition?](#)



@CaregiverCoalitionNEFL www.caregivercoalition.org

If your caregiving situation has changed and you no longer wish to receive these communications, simply unsubscribe below.

2021 Gold Sponsors



The Caregiver Coalition of Northeast Florida is supported by ElderSource, and operates in partnership with local organizations to provide support and education to caregivers of Northeast Florida. Partners include: AARP; Aging True Senior Services; Almost Home; Alzheimer's Association; Baptist AgeWell; Berg Bryant Elder Law; City of Jacksonville Senior Services Division; Community Hospice & Palliative Care; Devoted Health ; ElderSource; First Coast YMCA; Florida Blue; Florida Christian Center; Home Instead; Jacksonville Center for Grief and Loss; Jewish Family and Community Services; Mayo Clinic; Millennium Physicians; Northeast Florida AHEC; St Johns Council on Aging; Sunshine Health; Toulou Wootan, Caregiver Advocate and Founder; VITAS Healthcare.

Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.