

# Amazing Place *Family* Album



Art teacher Suzy LaForge helps guide art students



Pansy planting time with Matilde



Presbyterian choir greets participants



Susan Giles doing a Christmas homily



Jose and Renee at the Christmas Talent Show

Presbyterian School choir performs to the delight of participants!



## AMAZING PLACE *Family Spirit*

JANUARY 2018

DEMENTIA DAY PROGRAM • CAREGIVER SUPPORT • COMMUNITY EDUCATION

MONTHLY NEWS AND PROGRAM CALENDAR

### Mark Your Calendars for Expanded Caregiver Support and Educations

by Carol Cooper, Amazing Place Care Team Director



Carol Cooper with Amazing Place Caregiver Dale Hill

**DEMENTIA IS A FAMILY AFFAIR.** Denial. Shame. Anger. Social Withdrawal. Depression. Anxiety. Exhaustion. Health problems. Financial stress. These are just some of the issues caregivers face as they care for a loved one with dementia.

For each individual with dementia, according to the Alzheimer's Association, there are three caregivers. Two-thirds of caregivers are women, one-third are daughters. 83% are unpaid. 60% rate the emotional stress as high or very high.

Because of the rising number of those with dementia, Amazing Place is making an expanded effort to support the increasing number of caregivers in the community, whether their loved one attends Amazing Place or not. Below is the current schedule\* of classes and groups for 2018, all located at 3735 Drexel, Houston, Texas 77027 unless otherwise noted. (All groups are free except for a \$25 book fee for Powerful Tools for Caregivers.)

**Monthly Caregiver Support Groups** (In association with the Alzheimer's Association)—4<sup>th</sup> Thursday of each month, 4:30-6:00pm  
No reservations necessary.

**Powerful Tools for Caregivers Course**—6-week course to equip caregivers with effective self-care tools. Register at [rsvp@amazingplacehouston.org](mailto:rsvp@amazingplacehouston.org) by Feb. 12<sup>th</sup>. Feb. 15-March 22, Thursdays, 9:30-11:30am

**Stress-Busting Program for Family Caregivers™**—9-week class to help caregivers focus on stress management with a holistic approach. Register at [rsvp@amazingplacehouston.org](mailto:rsvp@amazingplacehouston.org) by May 30<sup>th</sup>. June 7-August 9, Thursdays, 9:30am-11:30am (no class July 5)

**Savvy Caregiver**—6-week class to help caregivers understand dementia and its effects on behavior and develop strategies for caregiving and decision-making. Register one week prior at [rsvp@amazingplacehouston.org](mailto:rsvp@amazingplacehouston.org)

May 8-June 12, Tuesdays, 9:30-11:30am  
July 10-August 14, Tuesdays, 9:30-11:30am  
October 9-Nov. 13, Tuesdays, 9:30-11:30am

**Care Consultations** with Amazing Place Family Services Director/Social Worker. This service is available to anyone in the community dealing with a loved one with dementia. Contact [familyservices@amazingplacehouston.org](mailto:familyservices@amazingplacehouston.org) or 713.552.0420.

**Memory Café** (In association with the Alzheimer's Association)—**an opportunity for caregivers and those with early dementia to enjoy social time for activities, coffee and fellowship**

**Houston—3735 Drexel**  
Second Saturday each month, 10am-12pm.  
For more information, contact Emile Unverzagt at 713.552.0420 or [eunverzagt@amazingplacehouston.org](mailto:eunverzagt@amazingplacehouston.org)

**Katy—20018 Chateau Bend Drive**  
Third Saturday of each month, 10am-11:30am.  
For more information, contact Ariana Detert, MSW, LCSW at 281.217.3077 or [adetert@amazingplacehouston.org](mailto:adetert@amazingplacehouston.org)  
Please don't hesitate to contact me with any questions or for more information.

\*Dates may change so please check prior to registering.