

# ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas  
*"Tackling the challenges of aging with expert solutions"*

Winter 2016

| [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)



## AGE of Central Texas Celebrates 30 Years of Service!

AGE of Central Texas – the regional non-profit serving senior adults and family caregivers – celebrates its 30th year in 2016. To mark this landmark anniversary, the community organization will debut a new Caregiver Lecture Series, recognize philanthropic leaders with the 22nd annual AGE Awards, and launch the Bert Kruger Smith and Willie Kocurek Legacy Fund in honor of the organization's co-founders.

Founded 30 years ago as "Austin Groups for the Elderly," AGE of Central Texas has grown extensively to serve older adults and their caregivers throughout Travis, Williamson, Bastrop, and Hays counties. Recent census numbers indicate the population of adults 60 and older in Central Texas will grow by 67% by the Year 2020, so the need for services for older adults and family caregivers will climb rapidly during the next few years.

Today, an estimated 5.4 million Americans have Alzheimer's disease or similar dementia, and the number of individuals diagnosed each year is growing steadily as the population ages. Today's treatments can only temporarily ease some dementia symptoms, so the need for AGE's programs and resources – including therapeutic adult day health care in Austin and Round Rock, caregiver education and resources, and early memory loss support – remains at an all-time high and growing.



AGE of Central Texas co-founders  
Bert Kruger Smith & Willie Kocurek

To provide additional education and support to family caregivers, the new **Caregiver Lecture Series** will debut on April 2 through 30. Presented over the course of three Saturdays, the free seminar series will cover legal, financial, and healthcare issues that caregivers encounter when caring for their older loved ones. Registration will open on February 1, 2016, via the AGE website at [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org).

Also in April, AGE will honor select Central Texas community leaders at the **22nd Annual AGE Awards**. Slated for Thursday, April 7, at the LBJ Presidential Library on the University of Texas campus, the annual AGE Awards recognize outstanding achievements by individuals and local organizations whose leadership and contributions have made a significant impact on the quality of life for aging adults and their caregivers in Central Texas.

To further celebrate the 30th anniversary year, AGE is honoring



the organization's co-founders – and their personal mission to touch people's lives – by establishing the **Bert Kruger Smith and Willie Kocurek Legacy Fund**. The founding group of community investors will be creating a cornerstone of support to launch AGE of Central Texas into the next successful 30+ years of serving the community. Legacy Fund founding members will also be invited to a private party at the Governor's Mansion along with other opportunities in 2016. For more information on the Legacy Fund or the AGE Awards, call Lauren McPhail at (512) 600-9283.



"I drive Grandma to her doctor appointments.  
I AM A **CAREGIVER**."

Are you helping care for an older family member?  
We can help. Call **512-451-4611** for free resources.

AGE of Central Texas | [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)

AGE of Central Texas presents a

## Free Caregiver Seminar

### What Caregivers Need to Know About VA Benefits

Timothy Gassaway from the Texas Veterans Legal Assistance Project will discuss qualifications for receiving Veterans benefits, common issues experienced by caregivers, and address your specific questions about Veterans benefits

**Saturday, February 20, 2016**  
**10:00 AM to Noon**

AGE of Central Texas will host the free caregiver support seminar **"Caring for America's Finest: What Caregivers Need to Know About VA Benefits"** from 10:00 a.m. to Noon on Saturday, February 20. Part of the on-going workshop series to help family members effectively care for an older loved one, the free seminar will be held at the Allan R. Baca Senior Center, located at 301 West Bagdad Avenue in Round Rock.

Timothy Gassaway from the Texas Veterans Legal Assistance Project will discuss qualifications for receiving Veterans benefits, common issues experienced by caregivers, and address your specific questions about Veterans benefits.

Participants can register by calling (512) 600-9275 or online at <http://tinyurl.com/AGEFebruary2016>. A limited amount of free respite care for older family members will also be available during the seminar at AGE's Round Rock Adult Day Health Center (475 Round Rock West Drive, #120; Round Rock, TX 78681) by RSVP only. To RSVP for respite, please request the service with online registration or call Gailyn Trammell at (512) 600-9275 no later than February 17.

## Get More Caregiver Resources, Delivered to Your In-Box!

Sign up for the AGE of Central Texas  
*Caregiver Communique*

Sign Up with Your Smart Device

Or sign-up online at  
[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)



## AGE's Early Memory Loss Support Program Rebrands for 2016 as "Memory Connections"

The AGE of Central Texas Early Memory Loss Support Program will continue expanding in 2016, but under a new name: "Memory Connections." The evidence-informed program serves people experiencing early memory loss, such as mild cognitive impairment or early stage dementia.

"We felt that a new name was needed, because the term 'memory loss' can have stigma associated with it and because the program was named for our participants' diagnoses, rather than their strengths," said Program Director K.C. Lawrence. "Since our program focuses on our participants' strengths and finding hope in this new chapter of their lives – living with early dementia or early memory loss – we wanted to utilize a more strengths-based name. The new name indicates what we offer support for older adults living with cognitive challenges, along with the opportunity for connections with others facing similar challenges."

The Memory Connections early memory loss support program provides brain exercise activities, education, and emotional support, with the goal of improving participants' quality of life. Research shows that brain exercise, physical exercise, and social activities are beneficial for people with early dementia. Although there is still no cure for dementia, research shows that exercising the brain may help maintain memory.

Participants meet from 9:30 a.m. to 2:30 p.m. once a week, and the program is offered at four different Central Texas locations on different days:

- YMCA North Austin Community Rec Center in North Austin
- Hope Lutheran Church in East Austin
- WellMed Senior Community Center in South Austin
- Westlake Hills Presbyterian Church in West Austin

The weekly participant support groups are facilitated by a licensed social worker or licensed professional counselor, and the program also hosts monthly caregiver support groups for family members of participants.

For more information about joining the Memory Connections program, please contact Program Director K.C. Lawrence at (512) 451-4611, ext. 236, or via email at [klawrence@ageocentraltx.org](mailto:klawrence@ageocentraltx.org). Additional information is also available online at [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org).

## New Free “Caregiver Lecture Series” Debuts in April

To provide additional education and support to family caregivers, AGE of Central Texas will launch the new **Caregiver Lecture Series**, featuring a series of workshops from April 2 through 30. Held on three Saturdays, the free seminar series will cover legal, financial, and healthcare issues that caregivers often encounter when caring for an older loved ones.

“The most frequent questions that caregivers have when contacting the AGE Caregiver Resource Center consistently center around legal and financial matters,” said Gailyn Trammell, AGE’s Community Education Coordinator. “This new lecture series will feature local experts who will address those common concerns, along with an opportunity for participants to find answers their most pressing individual concerns.”

Held at the AGE Building – located at 3710 Cedar Street in Austin – the three workshops within the series will include:



## Caregiver Lecture Series



**April 2 – “5 Documents Every Caregiver Should Have”** with senior adult legal expert and Austin attorney Mark Tarrant. Mr. Tarrant’s law practice focuses on elder law issues, wills, estate planning, trusts and probates,

VA certified aid and attendance assessments, Medicaid assessments, guardianship matters, and real estate. His past career that includes serving as a mental health therapist, hospital Chaplain in the Seton health care system, and in-house counsel for national corporations gives him broad insight into the emotions all caregivers experience in times of personal turmoil.



**April 16 – “Making Health Care Decisions”** with Dr. Stephen Bekanich, the co-director of Seton Palliative Care in Austin. Prior to his position at Ascension Health, Dr. Bekanich has been an Associate Professor of Medicine

at multiple academic medical centers with National Cancer Institute designations. He is the recipient of awards for medical leadership, innovation in health care, teaching, and patient and family satisfaction. He also serves as the Senior Editor to review literature published in the most widely read publication produced by the American Academy of Hospice and Palliative Medicine. His research is in the field of pain and medical education.



**April 30 – “Medicaid, Estate Planning & Recovery”** with elder law attorney G. Gaye Thompson. A founding partner in Thompson & Tiemann, LLP, Ms. Thompson has been licensed to practice before the United States Supreme

Court, the Fifth Circuit Court, the United States District Court for the Western District of Texas and the Supreme Court of Texas. She is a VA accredited attorney, and she has been listed continuously since 2007 in the editions of “Best Lawyers in America” in Elder Law, -- as well as in the “2014 Best Lawyers Special Edition: Texas Women Lawyers” in Elder Law, and in the 2015 “Best Lawyers, Lawyer of the Year in Elder Law in Austin, Texas.” She currently serves on the President’s Council and Ethics Committee at Family Eldercare.

Registration for the “Caregiver Lecture Series” opens on February 1. Admission is free, but space is limited. Participants can register by calling (512) 600-9275, or online at [www.tinyurl.com/AGEseries2016](http://www.tinyurl.com/AGEseries2016).

### FREE Caregiver Education for Family Members Caring for a Loved One

**CAREGIVERU**  
A Program of AGE of Central Texas

Classes are now forming in Travis, Williamson, Hays, and Bastrop Counties; find a free class near you:

[www.CaregiverUcentTX.org](http://www.CaregiverUcentTX.org)



**AGE of Central Texas** is a non-profit organization that tackles the challenges of aging with expert solutions, offering programs, resources, and education for both older adults and those who care for them. Drawn from the words of our founders, Bert Kruger Smith and Willie Kocurek, our vision is to make aging a shared journey of triumph. Visit online at [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call **512-451-4611** for more information.

## Adult Day Health Care

- Providing daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Adult Day Health Centers in Central Texas
- Specialized in caring for individuals with memory loss or dementia
- Convenient locations in Austin and Round Rock, open Monday - Friday from 7:00 a.m. - 5:30 p.m.
- Full-time nurse at each Center to assist with medication management and health monitoring
- Activities designed to engage both the mind and body including music, brain boosters, tai chi, and more
- All-inclusive: full day of activities, meals and snacks, and transportation options
- Accepting Medicaid, Veteran's benefits, or private pay at \$60 per day
- Call today for additional information and to schedule a free visit:



**Austin Adult Day Health Center**  
3710 Cedar Street  
512-458-6305

**Round Rock Adult Day Health Center**  
475 Round Rock West Drive, #120  
512-255-4865

*AGE of Central Texas is an Equal Opportunity Provider*

**AGE of Central Texas**  
[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)

Central Office and Austin Adult Day Health Center  
3710 Cedar Street, Austin, TX 78705  
512-451-4611

Round Rock Adult Day Health Center  
475 Round Rock West Drive, #120,  
Round Rock, TX 78681  
512-255-4865

## Caregiver Education & Resources

- Free personalized assistance and guidance by phone, email, or walk-in
- Free educational seminars and conferences with free respite services available
- Free caregiver support group meetings every month in Austin and Round Rock
- **CaregiverU**: Free evidence-based courses for non-professional, family caregivers, offered in Travis, Williamson, Hays, and Bastrop Counties. Visit [www.CaregiverUcentx.org](http://www.CaregiverUcentx.org) for current schedules.



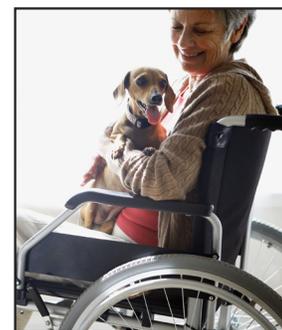
## Memory Connections

- Cognitive activities and support for individuals with a diagnosis of early-stage Alzheimer's disease or memory loss
- Four weekly locations around Central Texas with sessions from 9:30 a.m. - 2:30 p.m.



## Health Equipment Lending

- Free loans of gently-used durable medical equipment and free incontinence products available
- Call **512-600-9288** or email [help@ageofcentraltx.org](mailto:help@ageofcentraltx.org) to inquire about availability or reserve items (no walk-ins, please)



## Peer-Based Computer Classes

- Peer-to-peer technology instruction with personalized coaching assistance for adults (ages 50+)
- Low-cost classes and seminars on topics ranging from basic computer skills and brain fitness to advanced software and photo editing. Visit [www.AGEcomputer.org](http://www.AGEcomputer.org) for current class schedules.