



All sessions are available on your choice of Zoom or telephone only!

Wednesday

June 4th

11:00 am Eastern

10:00 am Central

9:00 am Mountain

8:00 am Pacific

The Pride of Caring: Mental Health and Caregiving A Matter of Importance for LGBTQ + Adults with Elliot M. Sklar, PhD and Lucy Barylak, MSW
LGBTQ+ adults more commonly experience mental health concerns than their non-LGBTQ+ peers. The stress of caregiving, and isolation that caregivers experience can further these concerns. This program will focus on identifying resources to support LGBTQ+ caregivers in their journey.

Monday

June 9th

1:00 pm Eastern

12:00 pm Central

11:00 am Mountain

10:00 am Pacific

Nutrition For Successful Aging with Meridan Zerner, MS, RDN, CSSD, LD
*As we age, our nutritional needs evolve, impacting everything from energy levels to cognitive function and chronic disease risk. This presentation explores the key dietary strategies that support healthy aging, including essential nutrients such as adequate protein and fiber, optimal hydration, and the role of physical activity. Learn how balanced nutrition along with better sleep and stress management can enhance quality and quantity of life and promote longevity. This session provides evidence-based guidance for aging well through the lifecycle! ****Sponsored by the North Central Texas Caregiver Teleconnection*****

Wednesday

June 11

11:00 am Eastern

10:00 am Central

9:00 am Mountain

8:00 am Pacific

The Pride of Caring: What we can all Learn from the Experiences of LGBTQ+ Caregivers Implications for the Future of Caregiving with Elliot M. Sklar, PhD and Lucy Barylak, MSW
LGBT+ adults become caregivers at a higher rate than their heterosexual peers. Some of these reasons include not having children or having fewer children and being single later in life – trends we are seeing across our population. What are these implications on the future landscape of caregiving, and what can we do now to prepare? Join us for an interactive discussion!

Tuesday

June 17

1:00 pm Eastern

12:00 pm Central

11:00 am Mountain

10:00 am Pacific

Importancia y Desafíos de una Planificación Anticipada de Cuidados de Salud con Leslie Martinez
Leslie Martinez, Latino Engagement Manager de Compassion and Choices nos hablará sobre lo importante que es pensar con antelación en nuestras opciones de fin de vida, cómo iniciar estas conversaciones con nuestros seres queridos y sobre lo relevante que es una Planificación Anticipada de Cuidados de Salud.

Thursday

June 19

1:00 pm Eastern

12:00 pm Central

11:00 am Mountain

10:00 am Pacific

Optimal Brain Aging with Jamie Cobb Tinsley
Discover how everyday habits can support brain health and independence as you age. This engaging session from the James L. West Center for Dementia Care offers research-based tips on nutrition, movement, sleep, stress, and more—plus insight into the differences between normal aging and dementia. Walk away with simple, empowering steps for a healthier brain and a vibrant life.

Wednesday

June 25th

12:00 pm Eastern

11:00 am Central

10:00 am Mountain

9:00 am Pacific

You Don't Know What You Don't Know with Esther Pipoly
Supporting older adults and their caregivers means preparing for more than just the expected. This session explores how unspoken wishes, scattered information, and lack of planning can increase stress and trauma during life transitions. Learn how to help caregivers and families create clear, compassionate plans that preserve dignity, reduce chaos, and offer peace of mind. Grounded in wellness and prevention, this conversation empowers caregivers with the tools and education they need to care for both themselves and their loved ones.