



# Family Caregiving

701 N. Post Oak Rd., Ste. 330, Houston, TX 77024 | 713.682.5995 | [CarePartnersTexas.org](http://CarePartnersTexas.org)

## CarePartners' Programs Update

CarePartners has made the decision to extend the closing of all of our in-person programs through May 31st. This includes, Gathering Place, Second Family, Common Ground and in person Caregiver Educational Events. When CarePartners is able to re-open our programs, we will share with you our goals and plans to re-open safely while taking all necessary precautions to keep our volunteers, caregivers and loved ones safe.



CarePartners is committed to fulfill our mission and continues to serve family caregivers taking care of loved ones diagnosed with Alzheimer's, dementia and other challenges due to aging during this COVID-19 pandemic.

Stay up to date with CarePartners' updates and access community resources to help connect older adults to resources and local information by, [clicking here](#).

Are you a family caregiver feeling isolated, stressed and missing family and friends during this stay-at-home order? We want to help, by helping you stay connected, we invite you to join us for our Common Ground Tele-Conference support group that is now being held on Zoom Conference call twice per week on Tuesdays at 10 AM & Thursdays at 2 PM. [Click here](#) for more information on how to join.



### FREE Online Caregiver Educational Event

**May 11-14th, 2020**  
**6:30 p.m. - 9:00 p.m.**

Join us for this free online caregiver educational event, there will be 8 experts during 4 evenings, to help you find resources and solutions. This free online conference is

designed to reach Houston families with information to empower and educate. With a variety of topics the 45-65+ population in Houston will have everything they need at their fingertips. There is no charge to attend this event.

Participants are able to easily access the information they want and need. Additionally, they will be able to share with family who does not live in the area but is involved in decision making. Not everyone may be able to attend the live event, but don't worry replays are available. Just sign up for each talk you want to see and you'll be sent a recording. To register [click here](#).

A flyer for an educational event. At the top, a blue banner reads "You Have Questions - Our Experts Have Answers". Below this, a green banner says "Attend FREE!". The main content is on a white background with a green border. On the left, text reads: "How To Pay For Long Term Care", "8 Experts - 4 Evenings to Help You Find Resources and Solutions", and "May 11-14th". On the right, a photograph shows an elderly woman and man sitting at a table, looking at a document together. At the bottom, a green banner contains the text "Not able to attend? Just RSVP- And We Will Send You The Replay" followed by a smiley face icon.



## Mother's Day Front Porch Photo Shoot Contest

Sunday May 10th is Mother's Day and CarePartners would like to help honor and celebrate a special mom in your life. This can be your mother, mother-in-law, aunt, sister, cousin, niece or friend.

Email us a picture of them, along with their name to our email [info@carepartnerstexas.org](mailto:info@carepartnerstexas.org) and we will post it on our [Facebook](#) page. The photo with the most likes from Monday, May 4th at 8:00 a.m. to Sunday, May 10th at 8:00 p.m. will win a Front Porch Professional Photo shoot for the mom they nominated. Make sure to ask your family and friends to vote by giving your picture a "like" on our Facebook page.



### We want to hear from you!

Thank you for sending us your pictures. We love seeing the pictures of all the fun activities you're doing during this time of social distancing. Please continue to email us your stories and pictures to [info@carepartnerstexas.org](mailto:info@carepartnerstexas.org) and we will share them on these emails and on our social media platforms.



### In-Home Gathering Place Guide

We at CarePartners know how hard it can be for family caregivers and their loved ones to not be able to attend their favorite Gathering Place program. This In-Home Gathering Place Guide that you can view or print from home will help keep your loved ones and yourself engaged and entertained. [Click here](#) to view this week's guide.

## Online Daily Activities Calendar

CarePartners' Online Activities Calendar is filled with fun crafts and stay-at-home activities for you and your loved one. It also has information on resources and online live events from CarePartners. The Online Activities Calendar will be updated weekly. [to view this week's calendar.](#)

**WEEKLY CALENDAR** Activities for family caregivers to do at home

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b> 10:00 a.m. At home mini-workout on CarePartners' Facebook and YouTube Channel  <b>Midday</b> Cook simple recipes together like cookies  <b>Afternoon</b> Virtually explore the Houston Museum of Natural Science  <b>Evening</b> View an Opera Show online	<b>Morning</b> 10:00 a.m. Common Ground Conference Call (Support group for caregivers)  <b>Midday</b> Set the table for a meal  <b>Afternoon</b> Virtually explore the Houston Zoo  <b>Evening</b> View an online Ballet performance online	<b>Morning</b> Complete simple jigsaw puzzles together (i.e. children's puzzles with 24-48 pieces)  <b>Midday</b> Blow up balloons and play balloon volleyball  <b>2:00 p.m.</b> Live music entertainment on CarePartners' Facebook and YouTube Channel  <b>Evening</b> View a free online Broadway Musical or show	<b>Morning</b> Loving Kindness Meditation with Elisha Baxter on CarePartners' Facebook and YouTube Channel  <b>1:00 p.m.</b> Facebook and YouTube Live with Terry Vaughn, District Manager of Pharmacy and Retail Services for Walgreens  <b>2:00 p.m.</b> Common Ground Conference Call (Support group for caregivers)  <b>Evening</b> Watch a favorite movie or TV program together and talk about it	<b>Morning</b> Reminiscence with family picture albums  <b>Midday</b> Do a small task or chore together like folding socks or matching socks together  <b>Afternoon</b> Virtually explore the Houston Museum of Fine Arts  <b>Evening</b> Listen to nightly online concert from the world's top Orchestras

Follow CarePartners on Facebook, YouTube, and [www.CarePartnerstexas.org](http://www.CarePartnerstexas.org)

## Caregiver Education & Information "Hot Topics"

Head over to CarePartners' [Facebook](#) and [YouTube](#) channel for social media events on caregiver educational events and informative "Hot Topics" with helpful resources. To view all past "Hot Topics"

**CarePartners**

**HOT TOPICS**

LIVE on CarePartners'

## SAVE THE DATE #GivingTuesdayNow - May 5, 2020

GIVINGTUESDAY | NOW

Save the Date:  
May 5, 2020

Now.GivingTuesday.org

**#GivingTuesdayNow** is a global day of giving and unity that will take place on May 5, 2020 as an emergency response to the unprecedented need caused by COVID-19.

That's why we're encouraging you to come together for a good cause on #GivingTuesdayNow and asking you to make a gift to CarePartners.

Social distancing may keep us apart, but we can all come together to help CarePartners continue serving family caregivers taking care of loved ones diagnosed with Alzheimer's, dementia and other challenges due to aging.

**DONATE TODAY**

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**Follow us on our social media pages!**

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