

CONCERNED ABOUT SOMEONE WITH MEMORY LOSS? FOR THE PAST 45 YEARS, THE COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS HAS BEEN HELPING INDIVIDUALS, FAMILIES AND PROFESSIONALS WHO CARE FOR THOSE WITH MEMORY ISSUES BY PROVIDING COMPASSIONATE CARE, SUPPORT AND EDUCATION.

## Care2Caregivers Helpline

**800-424-2494**

Telephone support for every step of your caregiving journey. Lines are answered by professionally trained peers who have also been caregivers. Supportive counseling, information, referrals and education. Special emphasis on caregiver wellness. 8:30 a.m. – 4:30 p.m. Monday to Friday or email 24/7 [caregiver@ubhc.rutgers.edu](mailto:caregiver@ubhc.rutgers.edu).



## February 2021 Virtual Caregiver Education



### Supporting Heart Health: Loving Yourself with All Your Heart

February 12<sup>th</sup> 1:00-2:00 pm

The word "heart" has many meanings—the physical pump in your chest, emotions, caring for others, and the hopes that keep you going in tough times. There is a close link between your emotional health and heart health. This presentation will share tips on heart health to enhance your physical and emotional well-being.

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJcsdeChrT0qHdVjc7ScWjKXxKJIPcWx32uK>

*These events are open to those who are currently caring for a loved one and for caregivers whose loved ones have died. Join us for these interactive sessions through either Zoom or your telephone.*

### Caregiving and Long Term Care: Understanding Levels of Care for Meaningful Planning January 29<sup>th</sup> 1:00-2:00 pm

Long-term care includes all the supports a person needs to maintain their quality of life as they age. This presentation helps participants consider how best to support success in the future – financial well-being, legal protection, and community assistance.

Click here to register:

<https://rutgers.zoom.us/meeting/register/tJ0IcumrrzwtHtUUocdoKu204JF2Y86BxZBW>

For more info email Monica at [mlt4@ubhc.rutgers.edu](mailto:mlt4@ubhc.rutgers.edu) or call Care2Caregivers at 800-424-2494.

## Virtual Support Groups

Spouse Support Group: February 1st, 9:30 to 11am

Caregiver Support Group: February 9<sup>th</sup>, 1:00 to 2:00 pm

Spouse Support Group: February 15<sup>th</sup>, 9:30 to 11:00 am

Evening Caregiver Support Group: February 24<sup>th</sup>, 7 to 8 pm

Transitions Bereavement Group: February 25<sup>th</sup>, 10 to 11:00 am

All groups are free, open to the public and professionally facilitated. To register and receive log in information call 800-424-2494 or email Mary Catherine at [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu).



## Memory Disorders Clinic

If you are in need of a memory evaluation for a loved one or ongoing support to help manage behavioral disturbances, our specially trained Board Certified Geriatric Psychiatrist and team of Licensed Clinical Geriatric Social Workers are available to provide the latest treatment to support the health of your loved one and your entire family. For more info call **800-424-2494**.