



SAGECAP Spring and Summer Calendar of Events!

May 20th Breast Cancer and Caregiving 6:00pm-7:30pm

Speakers:

Kevin Kalinsky, MD, Assistant Professor of Medicine and Herbert Irving Pavilion, Division of Medical Oncology

The breast cancer treatments are over. Now what? Here's how to return to your "new normal." Life after breast cancer means returning to some familiar things and also making some new choices. But when you've had breast cancer, you discover that it's not even over when it's over. As an LGBT caregiver who's had breast cancer or is caring for someone with breast cancer, life after breast cancer can be very different. Learning to live the "new normal" is an important part of recovery.

May 26th Assisting with Activities of Daily Living 6:00pm-7:30pm

Speakers:

Rose Walker, Certified Nursing Assistant and Joseph Fisher Director of Kindred Care

This workshop will provide caregivers with important information on how to provide assistance with bathing, dressing, toileting, transferring and feeding. Participants will learn communication skills, as well as practical skills when assisting with activities of daily living. Joseph Fisher from Kindred Care will discuss the elements of LGBT supportive homecare.

June 8th SAGECAP LGBT Caregiving Advisory Board Meeting 6:00pm-7:30pm

We want to hear from you! SAGECAP is looking for current or former LGBT caregivers to bring their unique experiences, knowledge and skills to provide feedback on SAGECAP services and to plan future programming. This meeting will give in an in-depth overview of the SAGECAP program; discuss the purpose, duration, and guidelines for the formation of the SAGECAP LGBT Caregiver Advisory Board.

June 22th Coping with Loss 6:00pm-7:30

Speakers:

Emily Vargas LMSW and Michelle Laguerre, LMSW

Facing the loss of a loved one is a difficult challenge, yet it is often part of the journey of being a caregiver. Whether it's caring for someone who is physically here, but is no longer mentally or psychologically present, or whether it is dealing with the death of a loved one; the grieving process often takes center stage in a caregiver's life. As LGBT caregivers, our grief is not always acknowledged and therefore we are not fully supported. This workshop will discuss various ways that grief can manifest itself our lives, how we can coping it, and how we can get support.

July 15th Meditation101 (Stress Reduction) 6:00pm-7:30pm

Facilitator: Joan Griffiths-Vega

Being a caregiver is often very stressful and demanding. During an emergency, or prolong illness the ability to relax and ground one's self becomes important. Learning to meditate, or to breathe deeply during times of stress can provide a caregiver with a sudden sense of clarity and peace needed to make important decisions or for stress release. Join Joan Griffiths-Vega as we practice different relaxation and meditation techniques.

August 27th Caregiver Social 6:00-9:00

End of the summer caregiver social! SAGECAP's community of LGBT caregivers is not only for support during a crisis, it also about having FUN! Come share your writings, recite your poetry, sing a song shake a tail feather, relax, and mingle with other caregivers at our potluck social! Door prizes and contest!

REMINDER! Weekly ongoing caregiver support groups are held on Mondays at 1:00pm -2:30pm and from 6:15pm-7:45pm Events and groups are held at 305 7th Avenue 6th Floor. Please call (212) 741-2247 to register