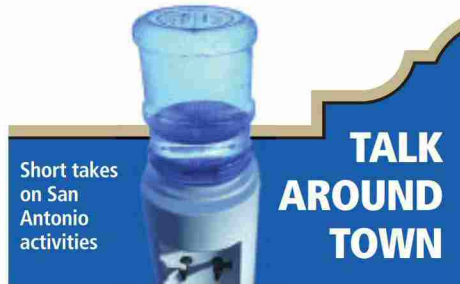


## WellMed creates interactive program to assist caregivers



WellMed Medical Management Inc. has launched a free interactive program, via its charitable foundation, to help area caregivers who face stress and challenges in caring for a loved one.

The Alamo Caregiver Teleconnection is reportedly the first of its kind in the United States. The WellMed Charitable Foundation received a three-year, \$600,000 grant from the Harry and Jeanette Weinberg Foundation to fund the project. Its goal is to improve the quality of life and well-being of caregivers in Bexar County. To bring the program to life, WellMed partnered with Alamo Service Connection, Bexar Area Agency on Aging, Jewish Family Service, and Leeza's Place by WellMed.

The program is based upon the CareRing Voice Network in Montreal.

The program's key features include:

- Tele-learning: Free telephone sessions on a variety of topics with professional caregiving experts, providing an opportunity for caregivers to share info with each other.
- Alamo Service Connection (ASC) Call Center: Information and assistance line on all services for the elderly, disabled and their caregivers in Bexar County.
- Care Coordination: Caregivers with complex needs will have access to in-home assessment by Jewish Family Service, leading to referrals for mental health counseling and other support services as needed.
- Leeza's Places by WellMed: Homelike centers where caregivers and loved ones can gather for education and support. Two in San Antonio — the Bob Ross Senior One-Stop (Babcock and Huebner) and Northern Hills (O'Connor & Nacogdo-

ches roads).

Caregivers can call 877-7987, or 866-390-6491 toll free for more information and to register. Or they can register at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org).

The WellMed Charitable Foundation ([www.wellmedgives.org](http://www.wellmedgives.org)) is a nonprofit organization that supports seniors and their caregivers in the community with an emphasis on wellness, prevention and living with chronic illness. The foundation has contributed more than \$3 million to the local community since its founding in 2006.

## Cancer support

Boerne-based Brenda Coffee, breast cancer survivor and founder of BreastCancerSisterhood.com, has added two new features to the Web site created to support and inform the entire breast cancer family. The new additions are a blog from a college student and former teen caregiver, and a community forum, "My BreastCancerSisterhood."

"Amy's Blog" provides the perspective of a teenager who became her mother's caregiver.

Amy Gutierrez was 13 years old when her mother was diagnosed and her older sister was heading off to college.

Today, at age 19 and with her mother's breast cancer in remission, "Amy's Blog" offers candid insights into the mind of a teen and the struggles regarding a parent's cancer.

The community section, My BreastCancerSisterhood, brings the breast cancer family together. Here, users are encouraged to share wisdom, connect directly with others, learn about upcoming events, share videos, photos and blogs.

BreastCancerSisterhood.com provides practical information via more than 100 original content videos and "Brenda's Blog."



## exas' tastiest breakfast

Looking for a breakfast out of the ordinary

in every single state in the country?

The Food Network Magazine traveled to all 50 states for its July/August issue, looking for the one breakfast that people must try.

Texas' No. 1 breakfast just happens to be at a family-owned restaurant in the Alamo City.

The magazine chose Reggie's Weekend Special



at Torres Taco Haven located at 1032 S. Pre-sa St. to represent the Lone Star State.

The Weekend Special, which is actually available every day, costs \$7.50 and features enough food to share: two huevos rancheros, refried beans, potatoes rancheros, two cheese quesadillas and a side order of barbacoa.

It also comes with a choice of homemade corn or flour tortillas.