

Las Palmas Healthcare Center and Caregiver SOS by WellMed expand support group for caregivers

SPECIAL TO THE MONITOR

McALLEN — Las Palmas Healthcare Center, a long term care facility in McAllen and part of the national chain, Sava Senior Care, in collaboration with Caregiver SOS by WellMed (formerly known as Leeza's Place) will expand its existing and ongoing Caregiver Support Group for family caregivers of relatives with dementia or Alzheimer's Disease, or related neurological disorders.

Starting this month, an additional support group will be added for the convenience of family caregivers in need of education, support and connection with other caregivers.

Support group meetings will be held at 2 p.m. the first Tuesday and the third Thursday of every month at Las Palmas Healthcare Center, 1301 E. Quebec, McAllen. The free meetings will be conducted in English and are open to family caregivers. Las Palmas will also provide respite for the loved ones during the meetings.

"We are pleased with the participation of the caregivers in this support group and are now responding to



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Pictured from left are Letty G-Sanchez, Caregiver Specialist with Caregiver SOS; Hari K. Namboodiri, Las Palmas Administrator; and Diana Gonzalez, Las Palmas Director of Marketing.

their need for additional time," said Letty G-Sanchez, Caregiver Specialist with Caregivers SOS by WellMed and facilitator of this group.

"We know that caregivers might benefit from support groups that 'normalize' the emotions that surface while watching the dementia of their loved ones progress. They can also be taught caregiving and decision making skills and to understand the importance to increase pleasurable activities

and engage in self-care to prevent caregiver burnout," she said.

Caregiver SOS by WellMed centers, designed to support family caregivers, are sponsored by the WellMed Charitable Foundation and by the Lower Rio Grande Valley Development Council's Area Agency on Aging.

To register for the support group, call Diana Gonzalez at 956-243-1044 or Letty G-Sanchez at 956-683-7180.

