

# Taking Care

February 2025



Catholic Charities  
Southwestern Ohio

Serve | Engage | Empower

Newsletter of the Caregiver Assistance Network - a program of Catholic Charities Southwestern Ohio

## Opening Minds Through Art

Butler Tech, 8450 Capstone Blvd, West Chester, 45069

**Fridays, Feb 21, Feb 28, Mar 7, Mar 14, Mar 21, and Mar 28**

**10:45 am - 12:00 pm**

Opening Minds Through Art (OMA) is a multi-generational art program in which people living with dementia (artists) are paired with student assistants to assume the role of artist and teacher and explore/create! To reserve your spot, contact Kelsey Nihiser at 513.632.3827 or [kenihiser@alz.org](mailto:kenihiser@alz.org)

## New West Side Support Group

**4th Thursday, Feb 27, 1:30 - 3:00 pm**

New Life @ New Day, 6690 Ruwes Oak Dr, 45248;

If you are caring for a loved one or friend with Alzheimer's, dementia or another life changing diagnosis, join us as we gather to support one another and learn how to effectively cope with the challenges of caregiving. This group will be led by licensed geriatric RNs and geriatric social worker who will help guide a discussion. All are welcome! <https://newdayumc.churchcenter.com/registrations>

## Powerful Tools for Caregivers

Join us for this evidenced based six-week class teaching caregivers how to access resources, communicate effectively, manage emotions and reduce stress. Unless otherwise noted, please register by calling 513-869-4483 or email [can@ccswoh.org](mailto:can@ccswoh.org)

- **Wednesdays, Mar 5 - Apr 9**, Virtual Class for caregivers of children with special needs, delivered in Spanish via Google Meet, [Click Here](#) to register or call Su Casa for more information.
- **Mondays, Mar 10 - Apr 14, 10 - 11:30 am** - Ohio Living Mt. Pleasant, 225 Britton Lane, Monroe, 45050

## New Creative Connections NKY Location!

**Tuesdays, starting April 8, 2025 from 2:00 - 3:30 pm**

Lakeside Presbyterian Church, 2690 Dixie Hwy, Lakeside Park, KY 41017

An interactive music and movement program intended for individuals with dementia at any stage, while the caregivers connect with each other in a support group session. We are excited to announce this new group in Northern Kentucky! Register by calling Angie Homoele at 513-672-3834 or email [can@ccswoh.org](mailto:can@ccswoh.org).

## USEFUL WEBSITES & PHONE NUMBERS

- Caregiver Assistance Network [can@ccswoh.org](mailto:can@ccswoh.org) (513.869.4483)
- Council on Aging (for 5 SWOH counties) [www.Help4seniors.org](http://www.Help4seniors.org) (513.721.1025)
- Giving Voice Foundation (Purposeful Planning, Brains in Bloom, & More) [www.Givingvoicefdn.org](http://www.Givingvoicefdn.org) (513.399.6065)
- Journey to Hope Coaching Groups [www.JtoH.org](http://www.JtoH.org)
- Local Resource Guides for Ohio and Northern KY [www.seniorimpact.com](http://www.seniorimpact.com)
- Meals on Wheels of SWO/NKY for meals, transportation, pet support, activities, and more (513.661.2777) [www.muchmorethanameal.org](http://www.muchmorethanameal.org)
- Our Family Our Way – Miami University Care Planning & Family Meeting Guide [www.miamioh.edu/scrippsaging/ofow](http://www.miamioh.edu/scrippsaging/ofow)
- People Working Cooperatively [www.pwchomerepairs.org](http://www.pwchomerepairs.org) (513.351.7921)
- [www.ProSeniors.org](http://www.ProSeniors.org) (513.345.4160) (Legal help, LTC Ombudsman)
- St. Vincent de Paul Charitable Pharmacy (513.562.8841) [www.svdpcincinnati.org/pharmacy](http://www.svdpcincinnati.org/pharmacy)
- [www.Theconversationproject.org](http://www.Theconversationproject.org) (how to talk about end of life)
- Teresa Youngstrom, Dementia Podcast [www.Teresayoungstrom.com](http://www.Teresayoungstrom.com)
- Veterans Caregiver Support [www.caregiver.va.gov](http://www.caregiver.va.gov) (855.260.3274)
- United Way Cincinnati (211) [uwgc.org](http://uwgc.org)
- Uplift – For Individual Counseling Call 513.896.7887 or email [uplift.butler@bbhs.org](mailto:uplift.butler@bbhs.org)

# We Are Not Alone

**With Art in Mind** - Wednesday, Feb 5, 10:00 am – 12:00 pm, Cincinnati Art Museum; With Art in Mind programs allow people of all abilities and their care partners to socialize and engage in activities in a safe, welcoming environment. Contact Sarah Shaffer to register at [sshaffer@erslife.org](mailto:sshaffer@erslife.org) or call 513.979.2312.

**Life and Death Cafe** - Wednesday, Feb 5, 12:45 - 2:15 pm; Loveland Library, 649 Loveland Madeira Rd, Loveland, OH 45140. At a Life & Death Cafe, people come together to talk about life and death. The goal is to increase awareness of death to help people make the most of their lives. This is a group-directed discussion; there are no agendas or objectives. Sponsored by Compassionate Transitions. Register at <https://compassionatetransitions.org/death-cafes>

**The Empowered Caregiver: Responding to Dementia Behaviors** - Wednesday, Feb 5, 7:00 - 8:00 pm; Liberty Station Health Campus, 5348 Newtown Dr, Liberty Twp, OH 45011; Learn how dementia can change a person's behavior, possible triggers and person-centered care approaches to address behaviors. Sponsored by the Alzheimer's Association. Call 800-272-3900 to register.

**Solutions for Empowering the Sandwich Generation and Their Parents** - 3rd Wed of the month in 2025 (Feb 19 & Mar 19) from 2:00 - 3:30 pm; Sharonville Public Library, 10980 Thornview Dr, 45241; Free monthly presentations including long term care planning, support for caregivers, assisted living and memory care placement, navigating tough conversations, estate planning, de-cluttering and much more. For more information or to RSVP, contact Dana Ruwe at 513-610-5785 or email [druwe@cmrs-law.com](mailto:druwe@cmrs-law.com)

**Creative Minds at HeART** - 3rd Thursday, Feb 20, 11:00 am - 12:00 pm; Bell Tower Arts Pavilion, 3270 Glendale Milford Rd, 45241; This program allows people living with dementia and their care partners to socialize and engage in activities in a safe, welcoming environment. Please join us as we create our own piece of art with a little instruction and lots of encouragement. Free and welcoming to all. RSVP to Sarah Shaffer at [sshaffer@erslife.org](mailto:sshaffer@erslife.org) or call 513.979.2312

**Brains in Bloom** – 3rd Friday, Feb 21, 1-2pm, Montgomery Community Church, 11251 Montgomery Rd, 45249; The Giving Voice Foundation is partnering with local florists to offer fun, inclusive floral arrangement classes for individuals with dementia (at any stage) and their loved ones. All materials provided and no green thumb required! Contact Kristin to register for upcoming dates: [kristin@givingvoicefdn.org](mailto:kristin@givingvoicefdn.org)

**Grief Share Group** - Saturdays, Feb 22 - May 3, 10:30 am - 12:00 pm; New Life @ New Day Center, 6699 Ruwes Oak Dr, 45248; If you have experienced the loss of a loved one or friend, this program may be of help and encouragement to you in a safe, non-judgemental setting. Register at <https://www.griefshare.org/groups/256261> or call Mary Ann Jacobs at 513-331-4324 for more information.

**Progressing Through Grief** - Join for 10 weeks on Wednesdays, starting Feb 26, 12:30 - 2:30 pm, hosted by Journey to Hope, 703 Compton Rd, 45231 ; Through this group we will understand why grieving is important and how grief affects your body, identify complicated feelings and learn skills for coping with them, and discover a plethora of self-care practices designed to progress through grief and into healing. Suggested donation - \$20; If you need scholarship assistance to participate in this program, please email Susan Kinsella [sekinsella@jtoh.org](mailto:sekinsella@jtoh.org) to request a scholarship. Register at 513-931-5777 or go to [www.jtoh.org](http://www.jtoh.org) for more information and programs.

**Gratitude - The Journey to Joy** - Tuesday, March 4, 12:00 - 1:00 pm; Join us for a transformative workshop where we'll shift from complaining to appreciating and explore how this simple mindset change can boost your mood, uplift your spirit, and even transform your body's chemistry—leading to a happier, more fulfilling life! This group is being offered as a webinar and will be recorded for those that cannot attend the "live" session. Led by Marisela Ramos, Certified in Applied Positive Psychology. Suggested donation - \$10, register at <https://www.jtoh.org/our-groups> or call 513-931-5777 for more information.

**Call the CAREline at 513-869-4483 or email [can@ccswoh.org](mailto:can@ccswoh.org) for questions or more information.**