



## ***From Our Wesley Nurse . . .***

### **Powerful Tools for Caregivers:**

Giselle Young and I finished the 6-week *Powerful Tools for Caregivers* classes on May 11. Nine people, who are active caregivers, attended the classes. Major topics discussed were, how to:

- Take care of you;
- Make action plans;
- Use effective communication;
- Manage stress;
- Make difficult decisions,; and
- Have a successful family meeting.

Caregiving resources were discussed and given to participants at each class.

The First United Methodist Church of Elgin is a sponsoring agency in partnership with A.G.E. of Central Texas and Caregiver U. Caregiver U provides the training to persons interested in becoming Certified Co-Leaders. If you are interested in becoming a Co-Leader, please let me know.

### **Parents Helping Parents Program:**

The Parents Helping Parents Program has been a great success. Thirteen parents have attended the meetings. Parent Facilitators are leading the meetings. Initially, parents were asked to share their expectations for the meetings. Information has been given to meet the parents' expectations.

In April, the First United Methodist Church partnered with Methodist Healthcare Ministries of South Texas to offer the first Elgin Parents Helping Parents program. The Elgin Cen-Tex Family Services (Head Start) is a pilot site. The lessons learned from the Elgin pilot will be shared with the other twelve Bastrop County Head Start programs.

### **Do Well, Be Well with Diabetes (DWBW):**

The 5-week DWBW Classes will be presented June 7 to July 5 from 5 to 7:30 p.m. The classes will be held at the Elgin Public Library. The Classes will provide information on Diet, Medications, Exercise, Complications, and Monitoring. There will be a hands-on cooking demonstration at each class.

***If you would like further information on any of these programs or would like to register for the diabetic classes, please call me at 512-285-4503.***