

NATIONAL

April / May 2026

# Month of Hope

*"Be a Rainbow  
in  
someone else's  
cloud."*

- 🌱 Hope in the Small Moments
- 💙 Hope Through Your Strength
- 🌅 Hope for Tomorrow
- 🌟 The Quiet Hero Within

April 27th Event: Dementia Caregiver Support Group - Basehor Library

May 4th (moved up) Event: Dementia Caregiver Support Group - Basehor Library

June 1st Event: Dementia Education / Dr. Maritza Buenaver - Basehor Library

"To help erase the stigma and misunderstanding of dementia"

Caregiver Virtual Reality Experience - An Eye Opening and Empowering Journey

Resources

You are not alone.  
YOU ARE NOT ALONE

## Dementia Caregiver Support Group

Basehor Community Library:

Meets in person on Monday, April 27th and May 4th, at 6:30 p.m. - 7:30 p.m.

**(See inside for 2026 new Support Group Schedule)**

Join us in this safe supportive environment for caregivers.

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist

and Cathy Grigsby, MS, caregiver support specialists,

will guide us as we share our experiences. Anyone is welcome to join us.

# ***April 2026***

# ***National Month of Hope***

## ***Hope in the Small Moments***

Caregiving can feel overwhelming when measured in days, weeks, or years—but hope often lives quietly in the smallest moments. A shared smile, a brief moment of recognition, a calm afternoon, or even a peaceful cup of coffee can be powerful reminders that connection is still present. These moments may seem fleeting, but they are meaningful threads that continue to weave love into each day. When you begin to notice them, you'll see that hope hasn't disappeared—it has simply changed shape.

## ***Hope Through Your Strength***

You may not always feel strong, but the care you provide tells a powerful story of resilience, devotion, and courage. Every task you complete, every comforting word you offer, and every moment you show up—even when you're exhausted—is an act of strength. Hope grows when you recognize that what you are doing truly matters. You are making a difference in ways that cannot always be measured, but are deeply felt. Your presence is a gift, and your strength is something to honor.

## ***Hope for Tomorrow***

Even in the most challenging seasons, hope for tomorrow remains. It doesn't require certainty—it simply asks for belief that brighter moments can still exist. Tomorrow may bring new support, unexpected ease, or a moment of peace you didn't anticipate. You don't have to carry everything alone, and you don't have to have all the answers. By holding onto even a small sense of possibility, you create space for healing, support, and light to find its way to you.

### ***Dementia Caregiver SUPPORT GROUP***

***Monday, April 27th and May 4th—Basehor Community Library  
1400 158th St., Basehor, KS—6:30 p.m—7:30 p.m.***

*In a safe and welcoming environment, the Dementia Caregiver Support Group gives caregivers the opportunity to ask questions and share their experiences with others in similar circumstances. **The support group will be led by:***

***Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist and Cathy Grigsby, MS  
caregiver support specialists.***

## ***The Quiet Hero Within***

There is a quiet hero within you—one who rarely asks for recognition, yet gives endlessly from the heart. In the gentle routines, the repeated reassurances, and the patience you summon day after day, you are doing something truly extraordinary. You bring comfort where there is confusion, calm where there is fear, and dignity where it matters most. Even on the days when it feels unnoticed, your presence is deeply felt in ways words can no longer express. A softened gaze, a relaxed breath, or a moment of peace in your loved one's day is often their way of saying "thank you." You are the steady anchor in a world that has become uncertain for them. Your kindness, your strength, and your unwavering devotion are shaping their experience in ways that truly matter. Though the journey may be challenging, the love you give is not lost—it is received, it is meaningful, and it is making a difference every single day.

There is a quiet hero within you, showing up each day with a strength that doesn't need applause to be real. In your patience, your kindness, and your willingness to continue—especially on the hard days—you are giving a gift beyond measure. Even when your loved one cannot express it in words, your care is felt in their sense of comfort, in moments of calm, and in the trust they place in you. ***What you are doing matters deeply, and it is seen in ways that go beyond language.***

*Dear Hero, you are allowed to rest. Caregiving is not meant to be carried without moments of pause. Giving yourself permission to step back, even briefly, is not a sign of weakness—it's an act of sustainability. You cannot pour from an empty cup, and your well-being matters too.*

### ***JUNE 2026 EVENT: Dementia EDUCATION*** ***Dr. Maritza Buenaver is Inviting You to Join Us for this Free Event!***

*(Sessions are held Every Other Month on the first Monday of the month)*

***Monday, June 1st, 6:30 p.m—7:30 p.m.***

***Basehor Community Library***

***1400 158th St., Basehor, KS***

*This program will be led by Dr. Maritza Buenaver, Geriatric Psychiatrist specializing in dementia education. The goal of this program is to help erase the stigma and misunderstanding of dementia by encouraging conversations about the disease, while advancing education and training that leads to compassionate care for individuals. This program will offer insight for people working with the public and for those working in health care.*

# Resources



## A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"

*Find out what everyone is raving about!*

*"Enlightening" "Eye-Opening" "Empowering" "Informative"*

*Free Distance Learning Experience Through Zoom..*

*(Alzheimer's/Dementia/Lewy Body/Parkinson's)*

*Experience a journey through their eyes.*

*(A must for caregivers, families, doctors/fellows/residents/staff.)*

*Free Virtual Reality Distance Learning is made possible*

*by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.*



**It's easy to schedule a  
Virtual Reality Session.**

***Just email your preferred  
VR Session date and time to:***

***vaCaregiverEducation@gmail.com***

***Also, ask about our other  
Virtual Reality Experiences including:  
Vision/Hearing Loss and End-of-Life.***

- **Dr. Maritza Buenaver—Dementia Education, Next Session: June 1, 2026**  
**> Dementia Education Sessions** are held Every Other Month on the "First Monday" of that month, 6:30-7:30 p.m., at the Basehor Library
- **> Dementia Caregiver Support Group**, Monthly, on the "Fourth Monday" of that month, 6:30-7:30 p.m., at the Basehor Library **(Note: May's meeting is on May 4th)**
- **www.Facebook.com—Basehor Library—Dementia Caregiver Support Group**
- **The Deeper Window Association, Vicki Lichtenauer, vlichtenauer@scls.org**  
**Caregiver Support Group, Monthly, 1st and 3rd Wednesday, 5:45-7:30 p.m.**  
**Leavenworth, KS— Let's Roll Mobile Respite, Tuesdays, 11:00 a.m.—3:30 p.m.**
- **www.LeavenworthCounty.gov—Council on Aging**
- **www.ALZ.org—Alzheimer's Association**