

July 2026

July 4, 2026 Independence Day

The Americans with Disabilities
Act (ADA) was signed into law
on July 26, 1990

BE A HEALTHY CAREGIVER

- Accept Help
- Find Something You Love
- Start Small
- Keep Up With Doctor Visits
- Exercise at Home

FIVE TIPS TO HELP YOU COPE

- Manage Stress
- Take a Break
- Be Realistic
- Accept Changes as They Occur
- Know You Are Doing Your Best

July 27th Event: Dementia Caregiver Support Group

August 3rd Event: Dementia Education / Dr. Maritza Buenaver

- Help erase the stigma and misunderstanding of dementia

Resources - Caregiver Support Contacts

Caregiver Virtual Reality Experience - A Journey Through Alzheimer's

*"I forgive myself
for not knowing everything."*

You are not alone.
FOR NOT ALONE

Dementia Caregiver Support Group

Basehor Community Library:

Meets in person on Monday, July 27th, 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.

July 4, 2026 - Independence Day

**The Americans with Disabilities Act (ADA)
was signed into law on July 26, 1990**

This historic civil rights law protects the rights of people with disabilities.

Be a Healthy Caregiver

No doubt you know that exercise is an important part of staying healthy — it can help relieve stress, prevent disease and make you feel good. But finding the time to exercise is another story.

- ***Take friends and family members up on their offers to help:*** You can get in a good workout in a short amount of time — even a 30 minute break. Help coordinate a schedule where you have breaks to exercise and take care of your health.
- ***Start small:*** While it is recommended that you get 30 minutes of physical activity at least five days a week, even 10 minutes a day can help. Fit in what you can, and work toward a goal.
- ***Exercise at home:*** When the person with dementia naps, you can use a yoga mat and stretch, set up a stationary bike, or try exercise videos. You can do arm and leg exercises while sitting on a chair or while leaning against a wall.
- ***Find something you love:*** If you enjoy the activity, it will be easier to make it a habit. Sometimes we think exercise means “to work out.” You can do chair exercise reps like “up and down, from sit to stand,” or it can be play time with a pet, or it can be dancing in the living room to a favorite song. Be creative!
- ***Keep up with your doctor visits:*** Be sure to visit your physician regularly (at least annually), and listen to what your body is telling you. Any exhaustion, stress, sleeplessness, or changes in appetite or behavior should be taken seriously. Ignoring these symptoms can cause your physical and mental health to decline.



Source: www.alz.org

Dementia Caregiver SUPPORT GROUP

Monday, July 27th—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 Caregiver Support Specialists:

Co-Leaders: Dr. Maritza Buenaver, Geriatric Psychiatrist and Cathy Grigsby, MS

Five Tips to Help You Cope

As a caregiver, you may find yourself with so many responsibilities that you neglect taking good care of yourself. But the best thing you can do for the person you are caring for is stay physically and emotionally strong. Give yourself the same level of love and care.

- **Manage your level of stress:** Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior (irritability, lack of concentration, change in appetite). Note your symptoms and discuss with a doctor, as needed. Try to find relaxation techniques that work for you.
- **Be realistic:** The care you give does make a difference, but many behaviors can't be controlled. Grieve the losses, focus on positive times as they arise, and enjoy good memories.
- **Know that you are doing your best:** Remember that the care you provide makes a difference and that you are doing the best you can. You may feel guilty because you can't do more, but individual care needs change as Alzheimer's progresses. You can't promise how care will be delivered, but you can make sure that the person with the disease is well cared for and safe. For additional support and encouragement, you can also join ALZConnected.org.
- **Take a break:** It's normal to need a break from caregiving duties. No one can do it all by themselves. Look into respite care to allow time to take care of yourself.
- **Accept changes as they occur:** People with Alzheimer's disease change over time and so do their needs. They may require care beyond what you can provide on your own. Becoming aware of community resources and care options — from home care services to residential care — can make the transition easier. So will the support and assistance of those around you.

Source: www.alz.org

AUGUST 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, August 3rd, 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, Session: Monday, August 3, 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
- **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**