

June 2026

National Safety Month



You are not alone.
YOU ARE NOT ALONE

- Fall Prevention and Home Safety
- Medication Management
- June 9th Event: Dementia Education / Dr. Maritza Buenaver
 “To help erase the stigma and misunderstanding of dementia”
- June 20th Event: “Keep The Door Open” - Dementia Caregiver Conference
- June 22nd Event: Dementia Caregiver Support Group
- Dementia Caregiver Outstanding Virtual Reality Experience
- Resources

“Dementia caregiving is a profound act of love and endurance.”

Dementia Caregiver Support Group

Basehor Community Library:

Meets in person on Monday, June 22nd, 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.

June 2026

National Safety Month

June is National Safety Month, a critical time to address fall hazards, medication management, and summer-specific risks like dehydration. For seniors, adapting to extreme temperatures and eliminating household trip hazards are top priorities to prevent injuries and maintain independence.

Fall Prevention & Home Safety

- ***Clear Walkways:*** Remove throw rugs, secure extension cords, and declutter hallways to prevent tripping.
- ***Bathroom Modifications:*** Install non-slip mats in the shower and secure grab bars near the toilet and tub.
- ***Improve Lighting:*** Use motion sensor nightlights in bathrooms, kitchens and hallways for safer midnight navigation.



Medication Management

- ***Clear Labeling:*** Ask the pharmacist to provide large-print labels. Organize pills using weekly or monthly sorting boxes.
- ***Review Regimens:*** Routinely go over all prescription and over-the-counter medications with a doctor to check for dizziness, interactions, or dosage issues.

Dementia Caregiver SUPPORT GROUP

Monday, June 22nd—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.

KEEP THE DOOR OPEN CARING FOR THE CAREGIVER

JUNE 20

9AM - 2PM

2026 DEMENTIA CAREGIVER EDUCATION CONFERENCE

LOCATION: CORNERSTONE FAMILY WORSHIP, 205 US-24, TONGANOXIE, KS
CAREGIVERS AND THEIR FAMILY MEMBERS, INCLUDING THEIR LOVED ONES WITH DEMENTIA, ARE INVITED TO ATTEND THIS FREE CONFERENCE. THIS EXCITING EVENT FEATURES DISTINGUISHED DOCTORS AND GUEST SPEAKERS PRESENTING EXCITING APPROACHES, AND VALUABLE CAREGIVING INSIGHTS, TECHNIQUES, AND RESOURCES. ENJOY RICH DISCUSSIONS AND Q & A'S.

9:00 - 9:15 a.m. - *Sign in and Snacks: Coffee, Fruit Platters, Cookies, Donuts*

9:15 - 10:15 a.m. - Dr. Courtney Huhn, CMD, Geriatrician

- Community Living Center Medical Director, Eastern Kansas VA Medical Center, Topeka
- "Put On Your Own Mask First" The Impact of Caregiver Burden

10:15 - 10:25 a.m. - *Break*

10:25 - 10:45 a.m. - Jessica Pontbriant, Social Services Coordinator

- BS in Gerontology and Aging Services, Leavenworth Council on Aging
- "Leavenworth County Council on Aging Programs and Services"

10:45 - 10:50 a.m. - *Break*

- 10:50 - 11:10 a.m. - Dr. Maritza Buenaver, Geriatric Psychiatrist
- "The Caregiver's Voice"

11:10 - 11:30 a.m. - *Brunch Break - Lunch platters, Finger sandwiches, cheese platters, vegetable platters, chips, tea, water, coffee, health bars*

11:30 - 12:30 p.m. - Dr. Maritza Buenaver and Diane Greenlaw

- "Caregiver Burnout and Self-Care"
- "Navigating Dementia-Related Behaviors"
- "Practical Day-to-Day Essentials"

12:30 - 12:40 p.m. - *Break*

12:40 TO 1:50 p.m. - Diane Greenlaw, Virtual Reality Coordinator

- A compassionate, eye-opening, and immersive experience from the perspective of someone who has dementia.
- "Virtual Reality Experience: A Journey Through Alzheimer's"

1:50 TO 2:00 p.m. - Dr. Maritza Buenaver, Geriatric Psychiatrist

- "Q and A Session, Discussion, Closing Remarks"

REGISTRATION: Online by emailing us at vacaregivereducation@gmail.com

This is free conference. Just let us know how many seats to reserve and we'll see you there.

THIS CONFERENCE IS OFFERED BY DR. M. BUENEVER AND IS FUNDED BY THE IOWA-GWEP
(IOWA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM) HRSA -24-018THE UNIVERSITY OF IOWA.

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

(Sessions are held Every Other Month)

Tuesday, June 9,th 6:30 p.m—7:30 p.m.

Basehor Community Library

1400 158th St., Basehor, KS

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 9, 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**