

WEBINAR: October 7, 2026 | 7:00pm EST

Creating Systems that Reduce Stress for the Whole Family

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Join Dr. Angelica Catusco, OTD, OTR/L, CDP, for an evening focused on bringing more organization, clarity, and confidence to the caregiving journey. This session will explore practical, evidence-based strategies for managing medical appointments, medications, important documents, family communication, and day-to-day caregiving responsibilities—helping families shift from reactive problem-solving to proactive, coordinated care.

FOR MORE INFORMATION:

Contact Mary Catherine Lundquist at: lundqumc@ubhc.rutgers.edu
or call Care2Caregivers at: **800.424.2494**



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WEBINAR: October 21, 2026 | 1:00 pm EST

Caring Without Guilt: Understanding and Overcoming Caregiver Guilt



Caring for someone with Alzheimer's disease or another form of dementia can bring a wide range of emotions. Caregivers may often question whether they are doing enough, making the right decisions, or providing the care their family member needs. These doubts can lead to feelings of guilt, which may increase stress, overwhelm, and self-criticism. When guilt takes over, caregivers may neglect their own needs, making it even more difficult to sustain the demanding role of caregiving. This presentation will help caregivers deal with guilt so they can better care for themselves without feeling selfish, and approach caregiving with greater understanding and compassion—for themselves and their family member.

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WEBINAR: November 4, 2026 | 7-8:00pm EST

Navigating the Holidays with Compassion and Connection

Join Dr. Angelica Caroline to explore practical ways to navigate the holidays while caring for someone living with dementia. Learn how to adapt traditions, reduce stress and overstimulation, and create meaningful moments of connection while honoring what feels manageable for everyone.

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WEBINAR: November 17, 2026 | 1:00-2:00pm EST

Remembering Who I Am: Honoring Identity Through the Dementia Journey



Caregiving can change many things—but it does not erase who you are. Sometimes, being a caregiver can become such a large part of life that we lose touch with the person we were before caregiving. At the same time, the person we care for is changing too. Dementia may affect their abilities, independence, communication, roles, and relationships. These changes can be difficult to witness and may leave both people wondering, “Who am I now?” and “Who are we now?” Join us to explore how to honor the past, make room for what is present and be open to what is becoming.

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