

Support for Caregivers

The Parker Jewish Institute holds phone support groups for caregivers of those with Alzheimer's/dementia.

Group tele-meeting times are...

Weekdays at 10:00 AM & 2:00 PM.

Saturdays at 9:30 AM.

Call **917-962-0650** during any of those times, and enter code **713896**.

Parker Jewish's *Willing Hearts Helpful Hands* is a virtual program series for the elderly, those with Alzheimer's or dementia, and their caregivers.

Scroll to the next page to see this week's schedule.

Programs are at 10 AM and 3 PM each weekday, and 10 AM on the weekend. Programs include gentle exercises, memory cafés, & webinars for caregivers.

Advanced registration is required for all programs except caregiver webinars.

Willing Hearts Helpful Hands Virtual Programming Calendar

Caregiver Education Webinar Activities of Daily Living

When: Monday, May 4th, 2020

Time: 10:00 am - 1:00 pm

Click Below to Register:

<https://us02web.zoom.us/j/87902302375?pwd=UHYyOGg1c2srbkpQQjJ6Y1M5WGRkdz09>

Memory Café: Music with Marko

When: Monday, May 4th, 2020

Time: 3:00 pm - 4:00 pm

Click Below to Register:

<https://register.gotowebinar.com/register/3161014972458172684>

Zumba with Andrea

When: Tuesday, May 5th, 2020

Time: 10:00 am - 11:00 am

Click Below to Register:

<https://register.gotowebinar.com/register/4992240593402853388>

Chair Yoga with Michelle and Cindy from the Yoga Shack

When: Tuesday, May 5th, 2020

Time: 3:00 pm - 4:00 pm

Click Below to Register:

<https://register.gotowebinar.com/register/824074475876159244>

Exercise with Ian from Metro Physical Therapy

When: Wednesday, May 6th, 2020

Time: 10:00 am - 11:00 am

Click Below to Register:

<https://register.gotowebinar.com/register/1111690225027972876>

Caregiver Education Webinar COVID-19 Q & A with Dr. Sondra Lazarowitz

When: Wednesday, May 6th, 2020

Time: 3:00 pm - 4:00 pm

Click Below to Register:

<https://us02web.zoom.us/j/82128728380?pwd=NFlnVmVRK09JZDZKZ3lxREItSVUzd09>

**Caregiver Education Webinar
Dementia Basics**

When: Thursday, May 7th, 2020

Time: 10:00 am - 1:00 pm

Click Below to Register:

<https://us02web.zoom.us/j/81416999374?pwd=YjZua05uWHlISmNRVnl2UmVWajJKQT09>

**Yoga, Sound Healing, and Guided Meditation
with Michelle from the Yoga Shack**

When: Thursday, May 7th, 2020

Time: 3:00 pm - 4:00 pm

Click Below to Register:

<https://register.gotowebinar.com/register/241350905341070092>

Relaxation Zensation with Sue

When: Friday, May 8th, 2020

Time: 10:00 am - 11:00 am

Click Below to Register:

<https://register.gotowebinar.com/register/921229522329880844>

Cooking with Mallory: Let's Make a Pizza Together!

When: Friday, May 8th, 2020

Time: 3:00 pm - 4:00 pm

Click Below to Register:

<https://register.gotowebinar.com/register/5565544647823312140>

Chair Yoga with Michelle and Cindy from the Yoga Shack

When: Saturday, May 9th, 2020

Time: 10:00 am - 11:00 am

Click Below to Register:

<https://register.gotowebinar.com/register/5430906150467286796>

Exercise with Ian Feurtado from Metro Physical Therapy

When: Sunday, May 10th, 2020

Time: 10:00 am - 11:00 am

Click Below to Register:

<https://register.gotowebinar.com/register/6119520387338768908>

Advance Registration is Required *except for Caregiver Education Webinars*

If you have difficulties registering please contact us.
Call: (516) 586-1507 email: whhh@parkerinstitute.org

**After registering, you will receive a confirmation email
containing information about joining the webinar.**