

# Leading with INTENTIONAL Friendship & Service



December 3, 2025

Welcome

*Vanessa Falls*

Southern Area Director  
Birmingham (AL) Chapter

Leading with  
**INTENTIONAL**  
*Friendship & Service*





Linked in Friendship, Connected in Service  
Southern Area



# Southern Grace:

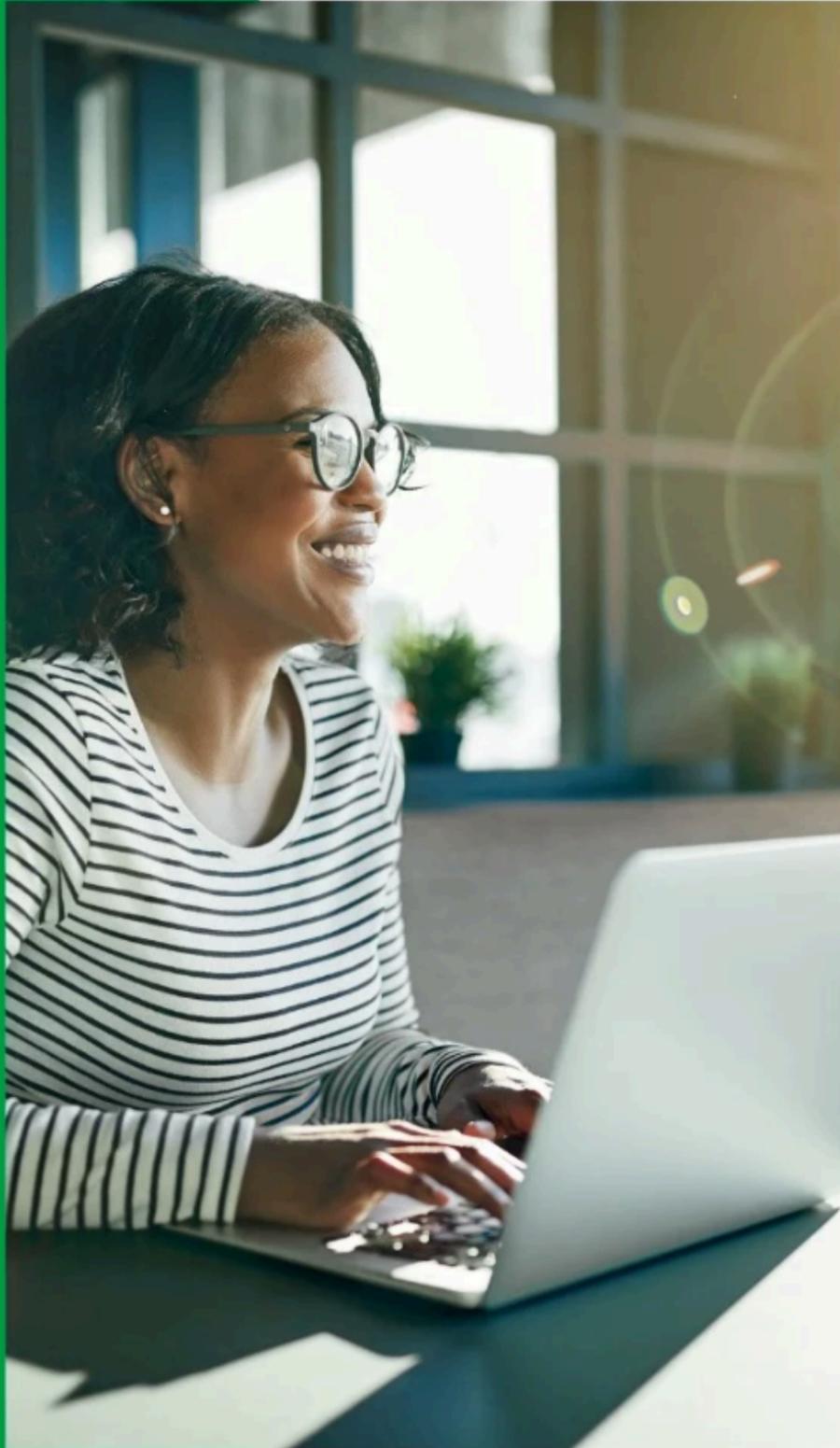
Stories, Support, and Strength for Caregivers

## **AARP: ARE YOU READY?**

### **National Supporting Program/Activity**

### **National Trends and Services Facet**

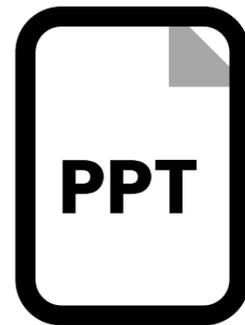
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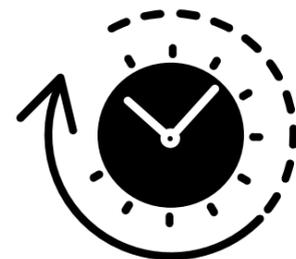
Microphones will be muted by the Technology Team for the duration of the webinar. We ask all attendees to please keep microphones muted to minimize any disruption or interference.



Today's session is being recorded and will be available to members on the Southern Area Website



The presentation slides will be posted in the Members' section of the Southern Area Website



Attendees will earn 1 hour for attending this webinar.

# AGENDA

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## Introduction

**Link Kimberly LaMotte**

## Presentation

**Link Dionne Polite**

## Medical Provider/Team Perspective

**Link Kenyonn Demps**

## Caregiver Testimonial

**Link Tedra Anderson-Brown**

**Link Todra Anderson**

# Family Caregivers

**Formal**  
employed: full-  
time or part-  
time

Provide emotional support and companionship

Help with household tasks (paying bills, preparing meals)

Carry out intimate, personal care (bathing, dressing)

Arrange for and provide transportation

Manage and give multiple prescriptions

Use their lunch hour to run errands for relative or friend

Coordinate care after a hospitalization

Communicate with health professionals

Serve as "advocate" during medical appointments and hospitalizations

**Informal**  
family  
friend  
neighbor

There are only four kinds of people in the world. Those who have been caregivers.

Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.

**Former First Lady  
Rosalyn Carter**

# 10 Steps caregivers Could, Would, Should take to navigate the holidays



## 1. Focus on What's Most Meaningful

Let go of the idea of a “perfect” holiday. Prioritize traditions and activities that bring the most joy and connection, even if they’re simpler or smaller than in years past.

## 2. Simplify Holiday Activities

Reduce stress by scaling back decorations, trimming down the menu, or choosing fewer events to attend. Consider hosting gatherings in familiar, comfortable settings for your loved one.

## 3. Start New Traditions

Create new, manageable traditions that suit your current caregiving situation—like watching holiday movies at home, driving through light displays, or baking a single favorite treat together.

## 4. Adjust Meals Thoughtfully

Simplify holiday meals by hosting potlucks, ordering catering, or preparing fewer dishes. Adapt meals to meet your loved one’s dietary needs while still keeping the spirit of celebration.

# 10 Steps caregivers Could, Would, Should take to navigate the holidays



## **5. Ask for Help and Delegate**

Don't try to do everything alone. Be specific when asking family or friends for help—whether it's shopping, cooking, or spending time with your loved one so you can take a break.

## **6. Practice Self-Care**

Take time for yourself, even in small ways. A walk, a quiet moment, or a phone call with a friend can help restore your energy and reduce emotional strain.

## **7. Adjust Expectations**

Accept that some traditions may need to change or pause. Set realistic goals for what you can accomplish and communicate openly with family about your caregiving responsibilities.

## **8. Plan Around Your Loved One's Needs**

Keep gatherings short, build in rest breaks, and avoid overstimulation. Choose low-stress activities and familiar environments to keep your loved one comfortable.

# 10 Steps caregivers Could, Would, Should take to navigate the holidays



## **9. Educate Visitors Ahead of Time**

Let guests know about any changes in your loved one's condition or behavior. This helps manage expectations and reduces awkward or stressful moments during gatherings.

## **9. Embrace the Spirit, Not the Stress**

Focus on connection, gratitude, and presence. The holidays don't have to be elaborate to be meaningful - what matters most is the time spent together.

# Link Kenyonn Demps

**Southern Area Vice Director**

**Healthcare & Rehabilitation  
Center Executive Director**

**Jacksonville (FL)**



# **Link Tedra Anderson-Brown**

**Southern Area Chaplain &  
Mental Health Initiative  
Chair**

**BCBS NC Behavioral Health  
Medical Director**

**Durham (NC)**



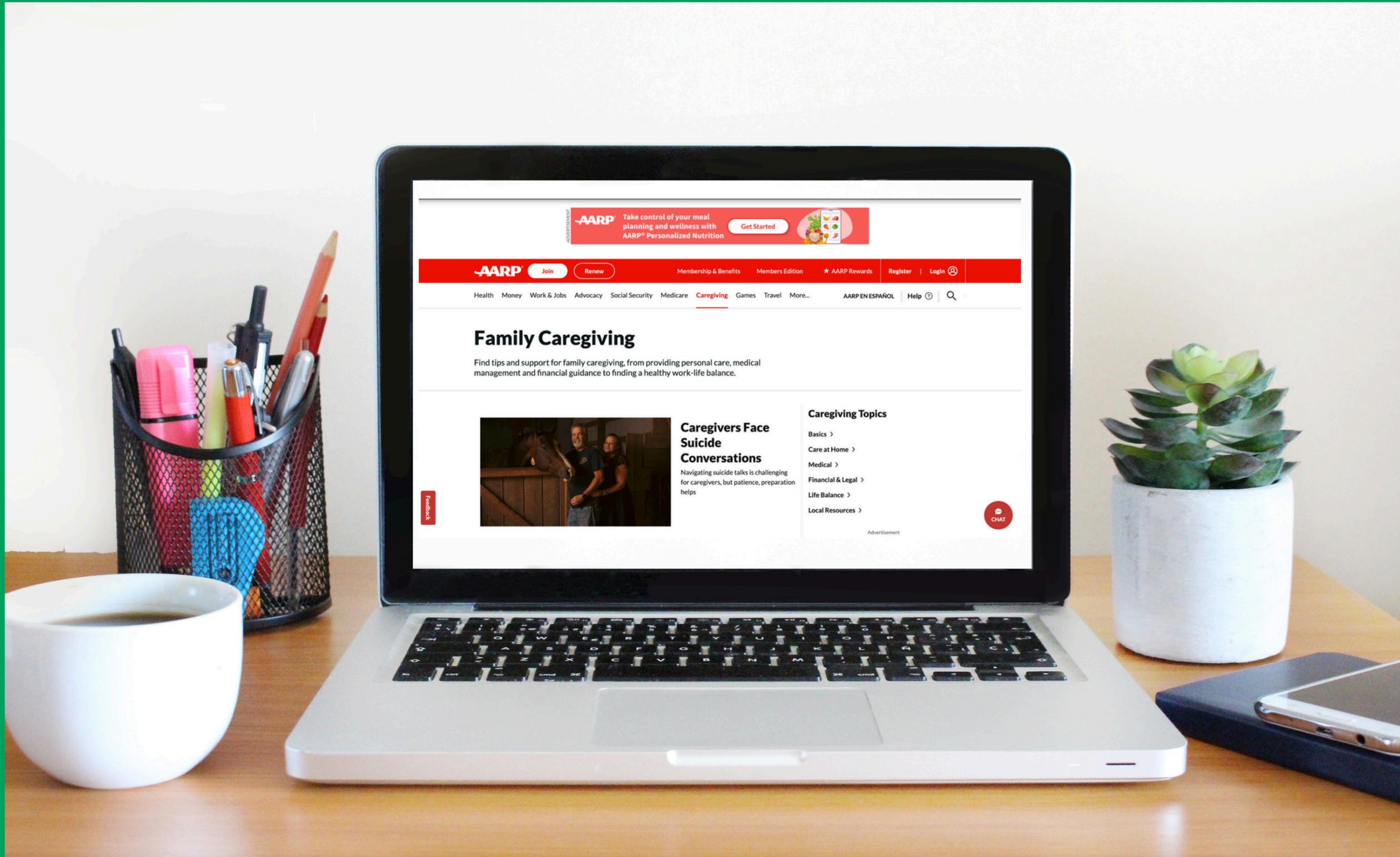
# Link Todra Anderson-Rhodes

Memorial Hospital West  
Chief Medical Officer

North Broward County (FL)







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## Family Caregiving

Find tips and support for family caregiving, from providing personal care, medical management and financial guidance to finding a healthy work-life balance.



### Caregivers Face Suicide Conversations

Navigating suicide talks is challenging for caregivers, but patience, preparation helps

#### Caregiving Topics

- [Basics >](#)
- [Care at Home >](#)
- [Medical >](#)
- [Financial & Legal >](#)
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## Give Congress 100 Reasons to Support Family Caregivers

### Reason #63

“It's overwhelming at times... actually most times. And the financial impact is tough.”

Katy, Pennsylvania

#100Reasons



### Reason #78



**48 million**

Americans care for a parent, spouse or other loved one.

#100Reasons

### Reason #19

“It would have helped me from robbing Peter to pay Paul. I used my savings account, credit cards, and loans to fill the gaps.”

Abaree Rayfield, Ohio

#100Reasons



**Add your reason [to the list](#).** Join us in giving Congress 100+ reasons to prioritize a tax credit for family caregivers.

We'll share your reasons with Congress so that they understand what family caregivers experience day-in and day-out as they care for their parents, spouses, and other loved ones.

Reason #1: Family caregivers spend on average \$7,200+ a year out of their own pockets to help keep their loved ones at home, where they want to be. They pay for home improvements like building ramps or installing grab bars, home care aides and adult day care, transportation, and so much more.

The bipartisan Credit for Caring Act could help offset these costs by providing a federal tax credit of up to \$5,000 to family caregivers who qualify.

**\*Share in 10 words or less: Why do you think lawmakers should prioritize a tax credit for family caregivers?**



**Southern Grace:**

Stories, Support, and Strength for Caregivers

**Wednesdays**

**11:30am (Central)/12:30pm (Eastern)**

February 4, 2026

April 8, 2026



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**Southern Area**



*Thank you.*



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Vanessa Falls, Southern Area Director