

Overview

In the Loop Coffee Talks are virtual discussions of all things caregiving. Each quarter, we welcome experts to discuss important topics for caregivers and answer their real-time questions about caring for their loved ones.

Here's what to look forward to during our Coffee Talks:

- Relevant topics based on caregiving needs that our Care Coaches support
- Insights from Care experts about their areas of expertise
- Deep dives on frequently asked questions
- Discussions about trending topics and how they impact families and caregivers
- A live Q&A at the end of the event

Coffee Talk: Navigating Disability Support With Comprehensive Care

Thursday, March 28 at 12 p.m. CST

[Register](#)

Join our Care Coaches as they provide valuable insights and practical advice to empower you along your caregiver journey. Whether you're seeking support for yourself or a loved one, this webinar will deliver useful tools and actionable knowledge to navigate the myriad challenges and opportunities of disability care.

Coffee Talk: How To Balance Mental Health in a Modern Workforce

Thursday, May 23 at 12 p.m. CST

[Register](#)

Our expert speakers—merging professional and personal experience—will guide attendees through strategies to prevent burnout and maintain a healthy balance between caregiving and self-care. Discover practical tips for emotional resilience, learn about the importance of setting boundaries and explore ways to find support and resources in your caregiving journey.

Coffee Talk: How to Navigate the Challenges of Dementia and Alzheimer's Management as Caregivers

Thursday, July 25 at 12 p.m. CST

[Register](#)

This month, our experts will provide practical strategies for coping with daily challenges, enhancing communication and ensuring effective care. Discover supportive resources and tips for maintaining your well-being while caring for loved ones with dementia. This session is a valuable opportunity for caregivers seeking empowerment and knowledge in their caregiving journey.

Coffee Talk: Ask An Expert Anything About Medicare

Thursday, October 24 at 12 p.m. CST

[Register](#)

As Medicare Open Enrollment begins, we want to answer your questions and make sure you feel confident as you choose a plan for yourself or a loved one. Care Coach Dyneshea Greer sits down to answer your biggest questions. We break down what Medicare covers—Parts A through D, Medicare Supplement Plans and Medicare Advantage Plans. We also make sure you understand the big difference between Medicare and Medicaid.