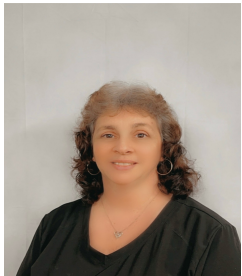


## Meet Our Facilitators



LeAnn Schatz is our Resident Care Director in our Assisted Living Center. She started as a CNA and worked her way up to Med-Tech to Supervisor to her present position as Director of Resident Care. She has attended many seminars and training courses doing her hearts desire in helping our residents on their life's journey. LeAnn is a person who truly has a heart for the people that she serves. You can contact her at: (336)610-1229, or by e-mail at [residentcare@cross-road.org](mailto:residentcare@cross-road.org).



Anna Lettera, is our Resident Care Director in our Memory Care Center. Anna has her CNA and Med-Tech certification. She has worked her way way from supervisor to Director. Anna loves working with memory care residents, helping provide the care they need, getting to know the residents, and forming friendships with them and their families. "It is important to encourage as much independence as possible to maintain our residents dignity during their stay at Cross Road." You can reach Anna at: (336)610-1221, or by e-mail at [alzcare@cross-road.org](mailto:alzcare@cross-road.org).



Bernie L. Raymond is Chaplain at Cross Road Retirement Community and assistant Pastor at God Out Reach Ministries. He is a graduate of Rhema Bible School and has completed a requisite program of studies in the course "Care for People God's Way" at the Center for Biblical Counseling under the American Association of Christian Counselors. He holds a Bachelor of Science degree in Religious Arts in Christian Counseling. Bernie's mission statement is, "I will help people discover and focus on their purpose, maximize their potential, and most of all find and follow Jesus." You can contact Bernie at (336)610-1232, or by e-mail at: [counselor@cross-road.org](mailto:counselor@cross-road.org).



1302 Old Cox Road  
Asheboro, NC 27205  
336-629-7811  
[www.cross-road.org](http://www.cross-road.org)



## Caregivers Support Group

**Emotional support for those caring for loved ones with Alzheimer's and Dementia**



Caregiver support groups are also a great tool for coming together with others to discover a sense of community.

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Our Caregiver Support Group consists of on going meetings for caregivers of individuals living with Alzheimer's and other dementias. We provide a forum for caregivers to share feelings, needs and concerns in a confidential, safe, supportive, non-threatening and non-judgmental atmosphere. Cross Road Retirement Community Alzheimer's and Dementia Caregivers Support Group is open to anyone caring for individuals living with Alzheimer's and other dementias.

While you attend the meeting, your loved one can socialize with the residents in our Memory Care unit while being supervised by our caring staff.



Our group provides an opportunity for members to:

- Exchange practical care giving information, challenges and possible solutions.
- Share ways to adapt to the ongoing stress of care giving.
- Express and work through feelings of fear, frustration, worry, guilt, anger and other caregiver emotions.
- Assist family members in understanding the impact of the disease on family dynamics and develop realistic expectations of themselves and the person living with Alzheimer's or other dementias.
- Provide social contact for those who feel isolated because of their care responsibilities.
- Connect people with similar experiences so they support each other outside of meetings.
- Emphasize the importance of maintaining physical and mental health through respite and involvement in family life, work, community, social and recreational activities.

Caregivers are encouraged to attend alone so they can be open and honest about their personal situation.



Cross Road Retirement Community Alzheimer's and Dementia Caregiver's Support Group meets the second Thursday of each month at 6:30 pm in our Clubhouse located at 1308 Old Cox Road (Clubhouse Drive), Asheboro, NC 27205.

