



Community Education & Social Event

**Aging & Disability Resource Center (ADRC)
of Sheboygan County
650 Forest Ave., Sheboygan Falls**

Calendar for 2019

Meet with other family caregivers in an informal, social environment to learn practical tips on a variety of topics that will assist you to better meet the physical, emotional, financial and spiritual challenges of caregiving. Call the Family Caregivers Coalition in Sheboygan County c/o Aging & Disability Resource Center at 920-467-4100 for more information or to **make a reservation**. (some events open to care recipient and/or professional caregivers as **indicated below**)

Afternoon Events – 1:00-2:30 PM

Thursday, August 15: Effective Communication with Healthcare Professionals

*Presenters: **Carla Duket**, Certified Social Worker, and **Shannon Wanek**, Patient Education Coordinator, Aurora Sheboygan Memorial Medical Center*

As a caregiver and advocate for a loved one, you play a central role in communication with healthcare professionals. You are likely to be the person who assists in the collection of information, speaks to doctors, transports the patient, ensures lab tests are done, picks up, prepares and gives medications, researches treatment options and risks, handles insurance, and fulfills many other related tasks. This program will provide tips to encourage meaningful communication between you, the doctor, and other healthcare practitioners. *(open to family caregivers)*

Thursday, October 17: The Power of Gratitude with No Sweat Chair Yoga

*Presenters: **Trisha Erpelding**, **Brianna Huesterberg** and **Rachael Lewinski**, Mental Health America in Sheboygan County*

The Power of Gratitude - Take some time to notice the things for which you are thankful by participating in this empowering session. Learn about the research that sheds light on the health benefits of harnessing gratitude and how gratefulness can help to hard wire our brain for happiness and positivity.

"No Sweat" Chair Yoga (with a focus on gratitude) - Perfect for the Caregiver, this non-sweaty gentle and restorative session focuses on breath work, light stretching, gentle mindful movements, and an introduction to meditation. MHA will provide you with an experienced certified yoga instructor who engages even the biggest skeptics to slow down, connect within, stretch, and calm your way to deeper happiness and inner peace.

(open to family and professional caregivers and care recipients)

Call 920-467-4100 to register!

