



“Caregivers Connect”

Community Education & Social Event 650 Forest Avenue, Sheboygan Falls Calendar for 2015

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 or 800-596-1919 for more information or to **make a reservation**.

(some events open to care recipient and/or professional caregivers as indicated below)

Afternoon Events – 1:30-3:00 PM

Thursday, March 19: Benevolent Touch - Using Touch for Comfort & Healing

Presenter: Roxanne Taylor, RN, BSN Administrator at Oak Creek Assisted Living

Benevolent Touch is a positive, gentle, nurturing touch provided to ensure someone that they are in a safe, secure and caring environment. Caregivers learn how to enhance the quality of life for themselves and the person for whom they provide care by learning to give positive tactile contact. Enhance self-nurturing skills that reduce burn-out, improve stress reduction techniques, and foster greater energy and better performance levels. (open to family caregivers and care recipients)

Thursday, June 18: Grief and Loss related to Caregiving

Presenter: Nancy Simenz, Chaplain

Grief is not just the death of a loved one. We experience loss throughout our lives and we need to acknowledge that loss. Learn about the emotional impact of grief and how we heal from it. (open to family caregivers)

Thursday, September 17: Legacy Letters - The Celebration of Your LIFE!

Presenter: Tracy Cinealis, CSA, Senior Living Director at The Waterford at Plymouth

A legacy letter or “ethical will” may be one of the most cherished and meaningful gifts you can leave to your family. This is not a legal document. It is a heartfelt expression of what truly matters most in your life. Explore your legacy and start an outline of your life’s journey. (open to family caregivers)

Evening Event – 6:00-7:30 PM

Thursday May 21: Me, Myself, & I - Managing Stress & Compassion Fatigue through Self-Care

Presenter: Kate Baer, Executive Director Mental Health America in Sheboygan County

While stress is a natural part of life, learning how to manage and cope with our stress in healthy ways is important for our overall well-being. Join this session as a caregiver to learn helpful tips on how to: identify your stressors, manage your stress with healthy responses, incorporate self-care tactics into everyday life to reduce burnout and ultimately live a happier, healthier life. (open to family caregivers and professional caregivers)