



“Caregivers Connect”

Community Education & Social Event

650 Forest Avenue, Sheboygan Falls

Calendar for 2013

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, February 21: Consider the Conversation

Presenters: Nancy Simenz, Chaplain – Sharon S. Richardson Community Home & Hospice

View a remarkable, thought provoking film that looks at many of the issues that we all face at the end of life.

(open to family caregiver and care recipient)

Thursday, April 18: “Boost Your Noodle”

Presenter: Connie Thimmig, Marketing Coordinator – Azura Memory Care, Inc.

This fun and interactive program is for anyone interested in brain health. Learn strategies for improving memory while exploring the importance of a brain healthy lifestyle.

(open to family and professional caregivers and care recipients)

Thursday, August 15: Snack Attack: Simple Snacks with Fruits and Veggies

Presenter: Linda Goodine, Director Nourish Farm to Family Philanthropy

Sample simple recipes using fresh, locally sourced produce and other healthy ingredients that can be prepared ahead of time so snacks are available when you need them. Recipe booklet provided along with schedule of local farmers markets.

(open to family caregivers and care recipient)

Thursday, October 17: Family Dynamics... Things aren't like they used to be.

Presenter: Rev. Thomas Fleischmann, Chaplaincy Ministry for Health Care Centers

Explore how to help families work together to deal with the challenges of family caregiving.

(open to family caregivers only)

Evening Event – 6:00-7:30 PM

Thursday June 20: “Plugged-In”, Technology for Family Caregivers

Presenters: TBD

Navigate through the new world of high-tech products and services in a way that makes sense for the family caregiver. Learn about what's available, where to start and what's coming in the future.