



“Caregivers Connect”

Community Education & Social Event

650 Forest Avenue, Sheboygan Falls

Calendar for 2014

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 20: Come play mind games with me!

Presenter: Lynn Potyen, Owner of the GameBoard

This fun interactive program will help you understand how using a combination of board games and puzzles will help you stimulate your imagination and enhance your mental capabilities. (open to family and professional caregivers & care recipients)

Thursday, April 17: “I Love to Laugh”

Presenters: Barb Gilmore, Certified Laughter Coach; and Mary Patricia Voell, Legacies Founder
Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. Attend this event to lighten your burden, inspire hope, connect with others, and support your physical and emotional health. (open to family caregivers only)

Thursday, August 21: Wellness: Mind and Body

Presenter: Kim Murrow, Comfort Keepers

Come learn about ways to take care of your overall wellness including your mind and your body; and the importance of good nutrition, exercise and taking time for yourself. (open to family caregivers only)

Evening Event – 6:00-7:30 PM

Thursday June 19: Clutter to Comfort: “DE cluttering” a Full House

Presenter: Pam Hertel Licensed Psychotherapist/Professional Organizer, Owner, Clutter to Comfort, LLC- An excess of material items is a common problem for many people, resulting in cluttered living spaces and disorganized lives. This can become exceptionally apparent in later years, when a person's care requires the need to simplify for safety and downsizing. This program will address the whys and how's to begin the process. (open to family and professional caregivers)