

# Registration

To register for this event, mail this form with payment to Kathleen Manny, Sheboygan County Aging & Disability Resource Center, 650 Forest Avenue, Sheboygan Falls, WI 53085. Include:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cost: \$10 per person  
(make checks payable to the  
ADRC of Sheboygan County)

**Space is limited so reserve  
your spot by May 20**

Call if you need assistance with  
respite care or transportation.

Contact Kathleen Manny  
for more information (920) 467-4100.

## FAMILY CAREGIVERS COALITION IN SHEBOYGAN COUNTY

### Caregiver Coalition

#### Partnering Organizational Members

Aging & Disability Resource Center  
Alzheimer's Association, Southeastern  
Wisconsin Chapter  
Libby's House Senior Assisted Living  
United Way of Sheboygan County  
Willowdale Nursing & Rehabilitation Center  
Family Caregiver Representative

In collaboration with:



For more information call Kathleen Manny  
(920) 467-4100  
(800) 569-1919

[www.familycaregiverscoalition.org](http://www.familycaregiverscoalition.org)

***INSPIRATION  
AT ASPIRA:  
An Uplifting Day  
for Family Caregivers***

***Wednesday, May 28  
9:00 a.m. - 2:30 p.m.***

***Aspira the Spa  
at the Osthoff  
101 Osthoff Avenue  
Elkhart Lake***



# Agenda

## **INSPIRATION AT ASPIRA:**

An Uplifting Day for Family Caregivers

- 9:00 a.m. Registration
- 9:15 a.m. Welcome
- 9:30 a.m. Break-out Session:  
1. Let the Good Times Roll!  
2. Introduction to Tai Chi
- 10:30 a.m. Break-out Session:  
1. Let the Good Times Roll!  
2. Introduction to Tai Chi
- 11:30 a.m. Lunch
- 12:30 p.m. Break-out Session:  
GameExperiment /  
Hand Massage
- 1:30 p.m. Break-out Session:  
Raise Your Spirits &  
Your Voices
- 2:00 p.m. Closing

# Break-out Sessions

## **Morning Sessions (repeated) 9:30 & 10:30 a.m. rotating sessions**

### ***Let the Good Times (Drum) Roll!*** ***Tom Gill, Founder, Rhythm For Unity***

Experience the power and connection of Rhythm Adventures. Emphasis on low cost or homemade instruments with opportunities for participants to act as facilitators of the group. For decades, Tom has presented this hands-on program to help well & challenged elders celebrate creativity and community. Absolutely no experience necessary!

### ***Introduction to Tai Chi*** ***Jon Doll, Executive Director, United Way of Sheboygan County***

This interactive session will introduce participants to the benefits of Tai Chi. This very popular exercise uses slow, gentle movements to improve balance, reduce anxiety and increase core body strength.

## **Afternoon Sessions**

**12:30 p.m.**

### ***Game Experiment***

***Lynn Potyen, Owner, 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.

### ***Enjoy the Benefits of Hand Massage***

Guests will have the option to enjoy a brief treatment of relaxation allowing all of the tensions to melt away through hand and/or head massage by one of Aspira's caring, qualified professionals. (optional)

**1:30 p.m.**

### ***Raise Your Spirits & Your Voices*** ***Doug Holte, Director, Project Independence***

Group singing is cheaper than therapy and more fun than working out. It is the one thing in life where feeling better is pretty much guaranteed.