

2014 Workshop Schedule



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson’s disease or stroke can be physically, emotionally and financially exhausting. **Powerful Tools for Caregivers** is a dynamic educational six-week education program designed to help family caregivers take care of themselves while caring for a relative or friend. Participants will learn to:

- * Reduce stress
- * Improve self-confidence
- * Better communicate feelings
- * Increase ability to make tough caregiving decisions
- * Locate helpful resources

Date	Time	Location	Leaders
Thursdays January 30, February 6, 13, 20 & 27, March 6	Workshop: 9:30 a.m.-noon Hot Meal: Noon-12:30 p.m. (compliments of Sheboygan Senior Community)	Sheboygan Senior Community Nemschoff Commons@Landmark Square 832 North 6 th Street, Sheboygan, WI 53081	Connie Thimmig Azura Memory Care Carla Duket Aurora Memorial Hospital
Tuesdays April 1, 8, 15, 22, 29, and May 6	Workshop: 12:30 p.m.-3:00 p.m. Hot Meal: Noon-12:30 p.m. (compliments of Sheboygan County Dining Program)	Generations Intergenerational Center 1500 Douglas Drive Plymouth, WI 53073 (Intersection of Highland & Douglas)	Heather Davenport Plymouth Care Center Stephanie Pritzl St. Nicholas Home Health & Hospice
Wednesdays September 3,10, 24, October 1, 8, and 15	Workshop: 5:00 p.m.-7:30 p.m. Hot Meal: 4:30 p.m.-5:00 p.m. (compliments of Sharon S. Richardson Community Hospice)	Sharon S. Richardson Community Hospice W2850 State Road 28 Sheboygan Falls, WI 53085	Kathleen Manny Aging & Disability Resource Center Jane Jensen UW-Extension Sheboygan County/Family Living

Call the Aging & Disability Resource Center for more information at: 920-467-4100 or 800-596-1919

(Dates subject to change.)