

***Reinvent Yourself in the Midst of
Caring for a Loved One***January 12, 2017
6:30 pm – 7:30 pm

Start the New Year with a plan to rediscover your interests and passions in life. Develop strategies for reconnecting with old friends, creating new friendships, and staying on course with your life purpose.

***Planning for the Care of a Loved One***January 17, 2017
11:00 am-12:00 pm

Balancing responsibilities at work and home can be challenging when you care for an elderly parent or someone with a chronic illness or disability. Learn about options for supportive home care with strategies for communicating with family members and identifying needs for help and safety.

***Get Your Paperwork in Order***January 24, 2017
11:00 am-12:00 pm

It's natural to avoid discussions on needs for help, particularly as one grows older or experiences changes in health. Most people don't think about getting their paperwork in order until an emergency arises. Identify strategies to gather key information so you can effectively advocate for an elderly parent or yourself when unexpected change occurs. Be better prepared to communicate with healthcare providers and members of your support team.

***Hassle-Free Outings & Daily Life
Enrichment***January 31, 2017
11:00 am-12:00 pm

Watching a loved one's quality of life diminish because of declining memory or other health conditions can be hard on family and friends. Make outings, casual visits, and daily routines meaningful and comfortable for all involved. Learn how to use art, music, and other creative activities to show life purpose.

***Expand Your Resource Network***February 7, 2017
11:00 am-12:00 pm

Changes in health can impact a person's ability to stay connected to others. Learn how to develop new friendships and expand social networks. Have greater access to people, places, and resources to support you as a family caregiver with ways to stay healthy and happy.

**All programs are held at:****Park Ridge Presbyterian Church**
1300 W. Crescent
Park Ridge, IL 60068**Single registration - \$15**
\$5 discount registering for 2 or more programs**Registration at the door****For further information: 847.951.3365**
Kcichowski.powertobe@gmail.com