

One Senior Place Presents

4th Annual

Caring for the Caregiver

Friday, January 21

Noon – 4pm at One Senior Place



Help us celebrate caregivers –

Let us celebrate you! Along the way we will share our journeys to become stronger and better equipped to care for our loved one and ourselves. Don't miss this afternoon of education, fellowship and hope. For more information call 321-751-6771.

- Meet Area Resource Providers
- Refreshments
- Expert Presenters
- Door Prizes



This FREE event is made possible by:

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For more information, visit online at www.OneSeniorPlace.com or call 321-751-6771

Noon: *Welcome to the 4th annual Caring for the Caregiver.*

12:30 pm “Have a Plan, Not a Crisis...” One Senior Place Care Management and Senior Partner Care Services will discuss options to create balance when caring for yourself and your spouse.

1:45 pm “The Daughter’s Story” Hear a compelling true life experience of the daughter’s journey caring for a parent. Jackie McManus will share the story of caring for her father – the things she learned, her regrets, her triumphs, and her love for her dad.

3:00 pm “Emotions – What Do I Do With Them?” Susan Chapman, MSN, ARNP, FMP-BC will provide helpful insight to the emotions of a caregiver - the conflicts, the rollercoaster ride, the multitude of feelings that make us human and make caregiving a challenge.

If you need respite care for your loved one to attend this event, let us know. Brevard Alzheimer’s Foundation will provide respite care at One Senior Place during this event, but you must call 751-6771 by January 18th to RSVP.

For more information call One Senior Place at 321-751-6771.



Upcoming Special Events!

March 18, 2011 - Senior Living Options Day

May 20, 2011 - Woman’s Day Extravaganza!

COMMUNITY PARTNERS

