

Care Means Giving and Receiving

MARCH

Are your aging parents showing signs of memory loss? Are friends and family members expressing concern for their physical safety and well-being?

Does your mom forget names and important dates? Do you worry about whether or not she is safe? Preparing and eating nutritious meals?

Have you noticed that dad repeats himself during conversations or gets mixed up with stories? Does he go for days at a time without showering or changing his clothes?

As our society ages, more and more adults are living in the sandwich generation. The sandwich generation is caught between caring for children and worrying about the safety and care needs of aging parents and family members.

Others are managing the care needs of an ill spouse while juggling work and family responsibilities. Stress develops; roles and relationships shift.

Balancing relationships, parenting, careers, and concern about those you care for takes a physical and emotional toll on all. It's hard to know when to seek outside supports for our own well-being or to ensure the well-being of those in our care.

The Caregiving & Aging staff at FamilyMeans are experts at navigating the challenges faced by caregivers. They assist with identifying personal goals and needs through coaching & consultation, connect with community resources, facilitate support groups and family meetings, provide education programs and help caregivers get respite breaks.

Call us, or try the brief online tools on the FamilyMeans website to assist you in answering these questions:

Is it time to get help?
Is this dementia?

www.familymeans.org/help-for-caregivers



Ask for help. Not because you are weak. But because you want to remain strong. $\sim Les\ Brown$

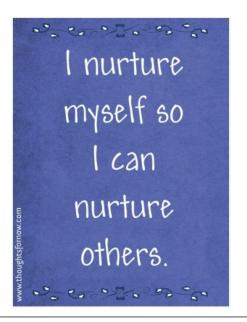


Upcoming Events

Powerful Tools for Caregivers

Are you feeling stretched caring for a loved one? Powerful Tools for Caregivers is a six session, educational program designed to help caregivers take care of themselves while caring for another.

Tuesdays, April 17- May 22
2pm to 4pm
St. Rita's Catholic Church
8694 80th Street, Cottage Grove, MN 55016
Cost is \$40.00, scholarships available
To register, please call Jeaney at 651-789-4039



Taking Care of the Whole Person

Tuesday May 8, 2018 2pm to 4pm FamilyMeans Stillwater - Desch Room

Join us to learn from our local community resources about how art, aromatherapy, animal companions, massage/touch, music and more can help both the caregiver and care receiver as you navigate your care partner journey! We will have guest speakers share their information in a panel format and then have plenty of time for group and individual questions at the end of the program.

Caring for a Person with Memory Loss

U of MN's Caring for a Person with Memory Loss conference on Saturday, June 2^{nd} , 8am to 4:30 pm. Hubert H. Humphrey Conference Center, U of MN.

FREE Memory Screenings

Wednesday, April 25, 2018 1:00pm to 3:00pm DPC Community Center 8400 East Point Douglas Road South Cottage Grove, MN

Confidential 15 minute screenings will be administered by FamilyMeans social workers. The result is not a diagnosis, but it can suggest if you should see a physician for a full evaluation. You will leave with helpful information and a summary of the results to share with your physician, if you choose.

Plan ahead for the next Memory Club series

Thursdays, September 13 – November 15, 2018 10am to 12Noon Interview and pre-registration is required.

Produced by Caregiving & Aging at FamilyMeans. Caregiving services include support groups, education, coaching and respite care. FamilyMeans also provides Counseling & Therapy, Financial Solutions, Youth Development and educational programs that strengthen and support families and the community.

An empty lantern provides no light. Self-Care is the fuel that allows your light to shine so brightly. $\sim Unknown$

