



calling all caregivers! calling all caregivers!

## The Caregiver Circle is back!

The Caregiver Circle gives participants:

Vital information on caregiving • A support network of peers • A wealth of information and insight from professionals in the field • Vast knowledge of available community resources to best assist in caregiving

Sessions will be held from 11:45 am to 1 pm at GADC River House, 125 River Road Ext., Cos Cob. Lunch is included. Respite is provided to participants who are caring for someone during the day. (Prior arrangements must be made.)

Registration is required. To RSVP contact Lauren Ferraro at (203) 622-0079 or [lferraro@gadc.org](mailto:lferraro@gadc.org).

**The Caregiver Circle is free of charge and is open to the community!**

### The Caregiver's Circle: Winter Schedule

#### February 24, 2010: Medicare

Learn all you need to know about Medicare. *Presented by Sam Deibler, Director, Commission on Aging, Town of Greenwich*

#### March 3, 2010: Medicaid

Information on eligibility, forms and coverage about Medicaid. *Presented by Carol Cherry, Team Administrator, Senior Services, Town of Greenwich*

#### March 10, 2010: Essential Legal Documents

Discover and understand the legal issues (power of attorney, health care proxies) that can arise. *Presented by the Honorable David Hopper, Judge of Probate, Greenwich*

#### March 24, 2010: Lemons vs. Lemonade

It is "ok" to ask for help. Learn how to recognize signs of burnout, depression and how take care of yourself. *Presented by Jane Kramer, LCSW, Director of Social Services, GADC River House*

#### March 31, 2010: Stress? What stress?

Locate resources and respite for caregivers as well as learn coping techniques. *Presented by Roni Lang, LCSW, Center of Healthy Aging, Greenwich Hospital*

#### April 7, 2010: Relax & Breathe - taking care of you!

Breathe, meditate and relax. This is our chance to give you an hour of stress relief and relaxation! *Presented by Greenwich Yoga*

