

2015 Series

CAREGIVERS AND YOUR LOVED ONES

“CREATIVE TOOLS FOR CAREGIVING”

Friendship Circle Senior Center, 1515 Lansdowne Avenue, Darby, PA
(on the campus of Mercy Fitzgerald Hospital – St. Bernard Hall)



Senior Community Services' Family Caregiver Support Program and Friendship Circle Senior Center are offering, at no charge, an opportunity for caregivers to attend **informative programs that will help in your role as a family caregiver.**

Activities for your loved ones will be provided by a Certified Recreational Therapist providing them with meaningful activities that you can bring into your own home. Your loved one may be an adult of any age, but must be able to participate in the activities with minimal assistance. (Alternatively, caregivers may attend alone.)

Wednesdays from 4:15 PM to 5:45 PM at Friendship Circle

- April 08:** **Communication Strategies for Managing Difficult Behaviors:** By Dr. Barry Jacobs, Psy.D.
- Your loved one will participate in a Creative Arts Project - **Mosaics!**
- April 22:** **I Never Saw This Coming – Grief and Loss in My Life as a Caregiver:** By Sharon White, MSS, LCSW
- Your loved one will explore “**Out West**” while participating in a Cognitive Stimulation Activity
- May 06:** **Hoarding and Helping Older Adults Reduce Clutter:** By Servicemaster by ARtec
- Your loved one will participate in a Creative Arts Project - **Watercolor Painting**
- May 20:** **Non-Traditional Caregivers: You can do it!:** By Dr. Barry Jacobs, Psy.D.
- Your loved one will participate in the **Art of Storytelling**
- June 03:** **What Does Good Nutrition Look Like? Feeding yourself and your loved one:** By Melissa Barry, RD
- Your loved one will learn about “**Home Remedies**” while participating in a Cognitive Stimulation Activity
- June 17:** **Relaxation Techniques: The Keys to Stress Free Living:** By Dr. Cheryl Macklin, Ph.D.
- Your loved one will participate in a **Fitness Activity**

Caregivers must be present for their loved one to participate. Transportation may be available.
RSVP Required.

~Classes are free of charge thanks to our sponsor - Delaware County LINK to Aging and Disability Resources~

RSVP to Donna Schumacher at dschumacher@scs-delco.org or 610-237-6222 ext. 57

**Caregivers who attend 5 of the 6
sessions will have an opportunity to
win a night out!**

