

Registration

To register for this retreat, mail this form with payment to Kathy, c/o Sheboygan County Aging and Disability Resource Center, 650 Forest Ave., Sheboygan Falls, WI 53085. Include:

Name _____

Address _____

City, Zip _____

Phone _____

Email _____

Cost: \$10.00/person
(make checks payable to the
ADRC of Sheboygan County)

Reserve your spot by June 15

Family Caregivers Coalition in Sheboygan County



Steering Committee Organizations
Aging & Disability Resource Center
Alzheimer's Association of SE WI
Dementia Care Network
Hearthstone of Wisconsin
Mental Health America in Sheboygan Co.
Sheboygan & Plymouth Area United Way
UW-Extension Sheboygan Co/Family Living
Family Caregiver Representative



In collaboration with
Sharon S. Richardson Community Hospice

For more information call Kathy Manny:

(920) 467-4100

1 (800) 596-1919

www.co.sheboygan.wi.us

Spiritual Renewal for the Family Caregiver



A retreat for family caregivers
(non-professional caregivers only please)

Friday, June 22, 2012

8:30 a.m. to 2:30 p.m.

Sharon S. Richardson

Community Hospice

W2850 State Road 28

Sheboygan Falls



Agenda

Spiritual Renewal for the Family Caregiver

- 8:30 am Registration
- 8:45 am Welcome - Music & More
Steve Hamer, President
Shorewest United Realtors
- 9:15 am Break-out Session:
Meditate with Harp Music
- 10:15 am Break-out Session:
Discover Your Inner Strength
- 11:15 am Lunch – Garden Walk
- 12:15 pm Break-out Session: Telling Your Story Through Journaling
- 1:15 pm Break-out Session: Caring Touch
- 2:00 pm Closing

Break-out Sessions

Meditate with Harp Music

Experience the soothing quality of harp music and deep, relaxed breathing led by Marie Larson / Harpist; and Tracy Cinealis, Senior Living Director / Libby's House.

Discover Your Inner Strength

Discover your inner strength and find the resources you need to face challenges in your journey as a caregiver. Barbara Stohl, LCSW, LMFT / Phoenix Behavioral Health will assist participants to identify and face individual challenges through small group discussion and sharing.

Telling Your Story Through Journaling

Learn and practice simple journaling techniques for stress relief, led by Nancy Simenz, MTS, Chaplain / Sharon S. Richardson Community Hospice.

Caring Touch

"Would you like a little massage?"
Never have kinder words been heard. In this session, simple and therapeutic massage touches will be taught to benefit you in numerous ways. Massage aids in blood circulation and passive muscle movement, increases relaxation, calms anxiety, helps reduce confusion and it feels good! You will learn about this very special health approach and have an opportunity to try the hands on techniques under the guidance of Shelley Stoffel, Licensed Massage Therapist / Wholistic Health Center.