

Caregiver Appreciation Day At Shawano County Human Services

Are you caring for someone in your life? Are you tired and need help to rejuvenate? Are you looking for resources and ideas?

Then we have a day for YOU!!

Saturday November 5th from 10am to 2pm

At W7327 Anderson Ave in Shawano

**Sheri Fairman, owner of Dementia Care Solutions
on Communications Strategies for Success**

Caring for a person with dementia is not a “common sense” task. When a person with dementia says, “I don’t know you,” it may seem natural to explain who you are. But this often makes the situation worse. Why? We will talk about the different communication strategies we can practice to help the person with dementia experience the best emotions possible in every situation.

Lisa Pritzl, owner of Empowered by Movement

Join Lisa in a class for ANYONE living with movement concerns to rediscover JOY through dance. This is a fun class designed to let you have fun and relax. Something we as caregiver do not get enough of!!!



Free

**Lunch of Chili to warm
your heart**

**Heidi Russell of Shawano County Human
Services and Amanda Schroeder of The Pines
Post-Acute and Memory Care on
The Need for Advanced Directives.**

Learn about how establishing your advanced directives such as your Power of Attorney for Health Care and then discussing your choices with your family can help not only you receive better care but make everything more peaceful for all involved.

**Register by phoning Heidi Russell at 715-526-4686.
The Event is free!!**

Sponsored by Shawano County Human Services, The Forget Me Not Fund, Menominee Tribal Aging, The Alzheimer’s Association, The Pines Post-Acute and Memory Care, Unity Hospice and Arc Angels