

CAREGIVER RESOURCE SERIES

Join us as we explore the challenges of caregiving and how we can empower ourselves to thrive.



Only when we first help ourselves can we effectively help others; when our needs are met, the person we care for will also benefit.



Auburn Homes & Services

501 N. Oak Street, Chaska

6:00 p.m. - 7:30 p.m.

RSVP to Carol at 952-361-0316

Light Refreshments Served

April 14: Caregiver Self-Care through Forgiveness

Chaplain Carol Wachter of Auburn Homes & Services

Mona Affinito, local counselor and forgiveness expert

We will begin our series with an introduction to the series material and insights on boundaries. Next we will learn about how forgiveness is a powerful tool we can utilize as caregivers to offer ourselves freedom and peace.

April 21: Alzheimer's/ Dementia, Part I

Jane Fenton, Client Care Manager of Twin Cities Care

Understanding the physical, emotional, and spiritual aspects and the specific types of Alzheimer's/Dementia can aid a caregiver in their supporting role.

April 28: Alzheimer's/Dementia, Part II

Jane Fenton, Client Care Manager of Twin Cities Care

We will re-cap Part I with further discussion on your caregiving experience with the new Alzheimer's and Dementia information.

May 5: Understanding the End-of-Life process

Reverend Debbie Mechley and Barbara Larsen RN
CHPN of Hospice Compassus

Embracing your walk through the dying process is an emotional, spiritual and physical journey.

How would you like it to unfold for you and yours?

May 12: Anticipating Grief and Grieving with Gratitude

Reverend Susan Shopek, Grief Support Specialist

To conclude our series, we offer an overview about bereavement before and after the loss with an open discussion.

FREE CEUS OFFERED AT EACH SESSION