



# Caring Together, Living Better

A Project of AGE<sup>OPTIONS</sup>

## Special Edition: Caregiver Month 2011



Connecting Older Adults with  
Community-based Resources and Options

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### Other Upcoming Events

#### **Free Power of Attorney/Living Will Presentation and Workshop**

Co-sponsored by:  
The Center for Disability  
and Elder Law

**Presentation:** Learn about powers of attorney and living wills from an experienced elder law attorney!

Wednesday, November 16, 2011  
10:30-11:30a.m.

Markham Senior Center  
15652 Homan Avenue

**To register:** Call (708)339-3018

## Helping South Suburban Families Care for Older Adults



Dear Readers:

November is **National Family Caregiver Month!** If you would like to read the words President Obama used to officially declare this month as caregiver month, please click here: [2011 proclamation](#). In addition to the national proclamation, many states and municipalities issued proclamations to official honor the month in their jurisdictions. In fact, Caring Together, Living Better (CTLB) worked with City of Blue Island and the Village of Riverdale to get proclamations in those towns for Caregiver Month. For more information on Caregiver Month, please visit [the National Family Caregivers Association website](#).

Caregiver Month is a wonderful opportunity to honor your neighbors, colleagues, friends and family members who are caring for an older loved one, as well as to raise awareness in your community about caregiver needs and resources. It's also never too late to plan ahead for caregiving — please plan to attend our upcoming Power of Attorney events (see left column).

### **Local Project Caregiver Month Events**

The chart below details the Caring Together, Living Better local project sites' Caregiver Month activities. Please call ahead to register. For a complete list of local project sites and services, please visit <http://www.ageoptions.org/ctlb.cfm>.

**Workshop:** Have your Power of Attorney and Living Will documents executed free of charge!  
(Priority given to older adults)

Tuesday, December 6  
10:30a.m.-12:30p.m.  
Markham Senior Center

**To register:** Call (708)339-3018  
by November 28

### Graphics Expert Needed

CTLB is looking for a graphics expert willing to donate a few hours to help us create visually appealing educational materials for caregivers. If interested, please contact Sarah Stein at (708)383-0258 or [sarah.stein@ageoptions.org](mailto:sarah.stein@ageoptions.org).

### Caregiver Resources

#### Webinar

Understanding the Different Forms of Dementia  
November 21, 1-2p.m.

<https://www3.gotomeeting.com/register/490043742>

**Caring Together, Living Better has a Facebook Page!**



Find us on Facebook at [www.facebook.com/caring2gether](http://www.facebook.com/caring2gether)

Are there things you think caregivers would like to see on our Facebook page? Email your ideas to Erica Pearce: [erica.pearce@ageoptions.org](mailto:erica.pearce@ageoptions.org).

Project	Event	Date and Time
<b>Kizer Memorial Church of God in Christ</b> , Harvey (708)596-0436	Spa Day	Nov. 16 5:30pm
	Resource Fair/Lunch	Nov. 19 11am-1pm
<b>Metropolitan Family Services</b> , Blue Island (708)974-2300	Three-part educational series at Moraine Valley Community College	TBD
<b>Shekinah Chapel Lutheran Church</b> , Riverdale (708)849-5711	Luncheon with financial speaker	Nov. 15 11am-1pm
<b>Victory Christian Assembly Baptist Church</b> , Markham (708)596-9673	Luncheon and spa day with motivational speaker	Nov. 16 11am-2pm
<b>Word Made Flesh Worship Center</b> , Midlothian (708)597-7989	Caregiver Thanksgiving Event	Nov. 19 1pm-3pm

### **New Staff Member**

Caring Together, Living Better is pleased to welcome our new Caregiver Community Organizing Specialist, Sharon Stolz. Sharon comes to AgeOptions and CTLB with a wealth of experience in coordinating older adults programs and in working with faith based communities. Her office will be at Catholic Charities South Suburban Senior Services (15300 S. Lexington, Harvey) and her regular work days will be Mondays, Tuesdays and Thursdays. Her phone number is (708)271-6251 and her email is [sharon.stolz@ageoptions.org](mailto:sharon.stolz@ageoptions.org). Please feel free to contact Sharon with any CTLB questions.

**Please forward this newsletter** to colleagues, caregivers and others who know caregivers. If you would like to submit information for possible publication in an upcoming edition of the CTLB newsletter, please email [sharon.stolz@ageoptions.org](mailto:sharon.stolz@ageoptions.org) or call (708)271-6251.



**AgeOptions**, the Area Agency on Aging of Suburban Cook County, is committed to improving the quality of life and maintaining the dignity of older adults and those who care about them – through leadership and support, community partnerships, comprehensive services, accurate information and powerful advocacy.

### **AgeOptions**

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