

Who is the Washington County Caregiver Coalition?

The mission of the Washington County Caregiver Coalition is to support and strengthen caregivers through advocacy, education and community resources.

Our dedicated members include:

- ♥ ADRC of Washington County
- ♥ Alzheimer's Association
 - ♥ Aurora at Home
- ♥ Autumn Oaks Assisted Living
 - ♥ Cedar Community
- ♥ Christian Family Solutions
- ♥ Home Instead Senior Care
- ♥ Interfaith Caregivers of Washington County
 - ♥ Jackson Crossings
 - ♥ Kettle Moraine Gardens
- ♥ Medical Center Foundation of Hartford
 - ♥ My Choice Wisconsin
 - ♥ Right at Home
 - ♥ The Threshold
 - ♥ Thrivent Financial
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Washington County
Caregiver Coalition



Washington County Caregiver Day of Renewal

WEDNESDAY, NOVEMBER 10, 2021
9:30 AM - 3:00 PM
CEDAR VALLEY RETREAT CENTER
5349 COUNTY ROAD D
WEST BEND

CAREGIVING = HARD WORK

Family caregivers frequently give... their time, their strength, their energy, their ALL. Caregivers must find time to take care of themselves and their own health to be effective caregivers to those they love. The Washington County Caregiver Coalition wants to give our community caregivers a break from caregiving by offering them a Day of Renewal.

What is a Day of Renewal?

Caregiver Day of Renewal is a day designed especially for our Washington County family caregivers to receive the spoils they deserve. Let us provide you with a chance to relax without the stress and pressure of caregiving for a few hours. We will provide activities for men and women in a beautiful and relaxing environment. Our hope is that after spending time at our Renewal Day, caregivers can return to their busy lives feeling refreshed and rejuvenated.



Events of the Day

The day is structured to allow caregivers to participate in activities based upon their own interests and desires.

Caregivers can take part in a number of different activities including chair massages, reflexology, mini-facials, mini-manicures, essential oils, paint rocks or give wood burning a try. Caregivers can enjoy the beautiful scenery at Cedar Valley by walking their trails (weather permitting) or by sitting in a comfortable chair and watching wildlife from the indoors. A delicious lunch will be available to caregivers between 12:00 pm-1:00 pm.

Our closing presentation will be Kelly Gengler, client services supervisor at Christian Family Solutions. Kelly will present *Ageless Grace: Timeless Fitness for the Body & Brain*. *Ageless Grace* is a fitness and wellness program created by Denise Medved. The program consists of 21 simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind.

The day will end with snacks and door prizes. Caregivers can expect the day to wrap up by 3:00 p.m.

REGISTRATION

Name: _____

Address: _____

Phone: _____

Email: _____

**Send registration and \$5 to:
WCCC**

**c/o ADRC of Washington County
333 E Washington St, Suite 1000
West Bend WI 53095**

*Checks payable to
Washington County Treasurer*

Registration due by October 27, 2021.

Questions?

*Contact Mona or Tammy D. at
the ADRC of Washington County
262-335-4497*

or email

*Mona.Dickmann@washcowisco.gov
Tammy.Dickman@washcowisco.gov*



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