

Who is the Washington County Caregiver Coalition?

Our dedicated members include:

ADRC of Washington County
ATI Physical Therapy
Aurora at Home / Aurora Health
Aveanna Health Care
Care Patrol of Sheboygan
and Surrounding Counties
Cedar Community
ComForCare / Just Like Home
Community Care, Inc.
Germantown Community Library
Golden Pearl, LLC
Interfaith Caregivers of
Washington County
My Choice Wisconsin
New Perspective
The Threshold
Thrivent Financial

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



2023 Sponsors



thrivent

Eileen Voigt

Thank you to our generous sponsors!



Washington County Caregiver Day of Renewal

**WEDNESDAY,
NOVEMBER 1, 2023
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, meditation, acupuncture, mini-facials, mini-manicures, 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 *The Top 10 Unexpected Perks of Being a Caregiver*, presented by Iva Thelen of Ideal Senior Living Solutions. Iva will dive into the hilarious and often overlooked side of caregiving. Whether you're a seasoned caregiver or just starting out, this speech is guaranteed to tickle your funny bone and shed a light-hearted perspective on a noble profession.

The day will end with door prizes (must be present to win). Caregivers can expect the day to wrap up by 3:00 p.m.

REGISTRATION

Name: _____

Address: _____

Phone: _____

Email: _____

Please indicate which stations you would like us to reserve a time for you:

- Acupuncture Meditation
 Chair massage Foot massage

Send registration form and \$5 to:

WCCC

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

*Make checks payable to
Washington County Treasurer*

Registration due by October 27, 2023.

Questions?

*Contact Tammy Dickman at
the ADRC of Washington County
262-335-4497*

or email

Tammy.Dickman@washcowisco.gov

