

The Community Caring Collaborative

invites you to



Caregiver Basic Skills 2

Responding as a Caregiver

Presented by Rosemary Nevala, RN with Pamela Grant, CNA

October 16, 2018 — 9:00 am to 12:30 pm

Sunrise County Economic Council, 7 Ames Way, Machias

This **FREE** workshop is designed for family & friends caring for an elder with memory and/or cognitive issues. Topics covered include:

- **Communication styles**
- **Dietary tips to help at meal times**
- **Dealing with caregiver stress**
- **Awareness of when medical intervention is necessary**

Register in advance online at www.cccmaine.org

or

Contact Christine at claurel@cccmaine.org or 249-3318

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