

*Parkinson's Disease
CareWell Community Circle
Event Series*



co-sponsored by



*Please join us at this informative and important 6-part event series -
designed to educate and support caregivers and families about the
growing Parkinsons disability and the effects on the family and the
tools you need to give the best care possible*

*All events will be held at CareWell 141 Longwater Drive, Norwell, MA, 9:30- 10:30am
Refreshments will be served*

- | | |
|---------------------|--|
| <i>September 16</i> | <i>Taking Care of the Caregiver</i>
<i>Tools for health and wellbeing - exercise - staying energized</i> |
| <i>September 23</i> | <i>Relationships and Parkinsons</i>
<i>Relationship struggles and the emotions behind it</i> |
| <i>September 30</i> | <i>Taking Care of Your Loved One</i>
<i>Health care management - Emotional Care - Household Care</i>
<i>Personal Care - Everyday Care</i> |
| <i>October 7</i> | <i>Writing a Care Plan</i>
<i>List of Things You Have Time For - Assignments to Others</i>
<i>(family and professional providers) - Ask for Help</i> |
| <i>October 14</i> | <i>Set Up a Safe Environment</i>
<i>Home Care Agency - How to be Safe at Home</i> |
| <i>October 20</i> | <i>Connecting With Other Caregivers</i>
<i>Support From Others - Support Groups</i> |

Register today! Events will be held on Mondays

*For more information, or to register, call 339-788-9635 or register by
email - cnewcomb@carewelladultday.com*



For more information about home care from CAREtenders, please call Randy Veraguas at 781-635-5414.