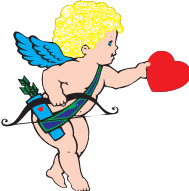


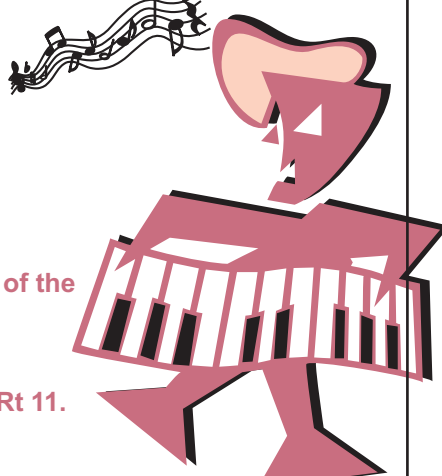


Caregivers Network at
 ServiceLink Resource Ctr.
 (603) 528-6945
 Mon.- Wed.- Fri. 8:30-4:30.
 Email: At any time
 brendaslrc@metrocast.net
 www.caregiversnetwork.org/

February



The Caregiver Specialist is available by phone 528-6945 on Mon.- Wed.- Fri. 8:30-4:30 for info. We're always available by email at: brendaslrc@metrocast.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Caring for an ill or dying loved one can be one of the most rewarding things you will ever do. It can also take a toll on your health and well-being. Depression and stress are common for caregivers, whether they are spouses, partners, children, or friends. Caregivers often ignore their own health because they are so focused on their loved one. If you are caring for someone, pay attention to your needs, too. If you're feeling down, lonely, and overwhelmed, ask for help.			1	2	3	4 Going Blind, Going Forward 1-3PM Taylor Community's Woodside
5	6 Support Group 10AM- 11:30AM CHH	7	8	9	10 Belknap County Area Committee on Aging-10AM, Wesley Woods at Gilford FUMC.	11
12	13	14 	15	16 February Caregiver Music Event (more info below)	17	18
19	20 Support Group 10AM- 11:30AM CHH Advisory Council 1:00PM	21	22	23	24	25
26	27 Memory Support Group Forestview Parade Road in Meredith 5:30-7:00 pm Light Supper Provided	28 Foot Clinic last Tuesday of the month 10:30am 	29	 Happy Birthday to all who are adding yet another year this February		

Ronnie Chase is Back!!

- Join us for our February Caregiver Music Event: Ronnie will be performing many of the love songs of the 40's & 50's for your enjoyment. Dancing is encouraged!
- Great treats will be provided.
- When: Thursday, February 16th, 2012
- Where: Wesley Woods Community Rm @ First United Methodist Church, Gilford Rt 11.
- Time: 1:30 –3:00 PM
- RSVP: Brenda @ Caregiver Network-528-6945 by 2-13-2012.