

GOLDSTONE CAREGIVER CENTER

May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>*SEE BACK FOR PROGRAM DETAILS!</p> <p>All programs take place in the Caregiver Center, unless otherwise specified.*</p>				1:20-1:30pm: Midday Meditation
6	7	8	9	10
<p>12:45-1:15pm: Chair Yoga</p> <hr/> <p>1:20-1:30pm: Midday Meditation</p>			10:00-11:30am: Caregiver Support Group	1:20-1:30pm: Midday Meditation
13	14	15	16	18
<p>12:45-1:15pm: Chair Yoga</p> <hr/> <p>1:20-1:30pm: Midday Meditation</p>			4:15-5:00pm: Tai Chi	1:20-1:30pm: Midday Meditation
20	21	22	23	24
<p>12:45-1:15pm: Chair Yoga</p> <hr/> <p>1:20-1:30pm: Midday Meditation</p>			<p>10:00-11:30am: Caregiver Support Group</p> <hr/> <p>12:00-1:00pm: Panel Discussion: IN CREASY AUDITORIUM "Caregiving: A Different Perspective" (see back for details)</p>	1:20-1:30pm: Midday Meditation
27	28	29	30	31
<p>CAREGIVER CENTER CLOSED MEMORIAL DAY</p>				1:20-1:30pm: Midday Meditation

GOLDSTONE CAREGIVER CENTER

24 Hospital Avenue, Buck Pavilion Main Lobby, Danbury, CT 06810

MAY PROGRAMS:

All programs listed below take place in the Goldstone Caregiver Center Conference Room, unless otherwise specified.

PANEL DISCUSSION: Caregiving: A Different Perspective: Thursday, May 23 @ 12:00-1:00pm

****NEW LOCATION: CREASY AUDITORIUM****

Presented by: Douglas Kahn, D.O., Jo-Ann Maroto-Soltice, M.D., Jeff McKay, P.T.

Join this diverse panel of medical professionals as they share their messages and appreciation to caregivers: their perspective and validation of your important role as a caregiver through their professional lenses, advice they'd like to share, how caregivers can be an effective member of the team, and more.

Caregiver Support Group: Thursday, May 9 & 23 @ 10:00am-11:30am (Note time change)

Being a Caregiver can be incredibly rewarding. It can also be one of the most difficult and isolating times a person can go through. If you are caring for a family member and have ever experienced frustration, sadness, guilt or anxiety through your caregiving journey, you are not alone. Take the opportunity to meet other caregivers to share your experiences, and learn strategies to reduce your stress. **FOR THE MONTH OF MAY ONLY – NO NEW GROUP MEMBERS CAN BE ACCEPTED.** New Members will be welcomed in June. Please RSVP to Lynn Crager if you plan to attend either or both sessions – Lynn.Crager@wchn.org or 203-739-7059.

Meditation: Every Monday and Friday @ 1:20-1:30pm, EXCEPT Monday, May 27 (CLOSED FOR MEMORIAL DAY)

Meditation has been shown to help decrease anxiety and stress, and promote a sense of well-being. Join Chaplain Noelle D'Agostino and/or Lynn Crager, Director of Spiritual Care and the Goldstone Caregiver Center, for a guided meditation for rest, renewal and reflection. All staff and visitors are welcome to attend. No sign-up necessary.

Chair Yoga: Every Monday @ 12:45-1:15pm, EXCEPT May 27 (CLOSED FOR MEMORIAL DAY)

Yoga relieves stress, creates calmness in the mind and body while promoting improved overall health, well-being and strengthening of the immune system. **NO EXPERIENCE REQUIRED!** Participants will be guided through relaxing breathing techniques and simple yoga poses and stretches while being seated in a chair. Facilitated by two volunteer Caregiver Coaches of the Goldstone Caregiver Center: Mary Ann Petrilena, 200 hour Yoga Alliance Certified Teacher, Certified Yoga for Cancer Instructor, and founder of Well Aligned Yoga, and Liz Winson, 200 hour Yoga Alliance Certified Instructor and Licensed Physical Therapist.

Tai Chi: Moving for Better Balance: Third Thursday of the Month @ 4:15-5:00pm – Thursday, May 16

Certified Instructors: Blair Balmforth, M.A., CCEMTP, NRP and Ruth R. Piehler, MSN, RN

Tai Chi: Moving for Better Balance is a research-based balance training, developed by Fuzhong Li, Ph.D., designed for older adults as well as *anyone (of any age!)* who is looking to strengthen their balance. This program moves the focus from its historical use as a martial art or recreational activity to promoting health by addressing common, but potentially debilitating, functional impairments/deficits. **NO EXPERIENCE NECESSARY!**

Grief Recovery Method® Grief Support Group:

This group meets for eight weeks and offers a step by step action program for moving beyond death, divorce, and other losses. Group members are expected to attend all sessions. To register or for further information contact Chaplain Beryl Knudsen, Certified Grief Recovery Specialist® at 203-739-7135 OR eryl.knudsen@wchn.org.

*For more information about the above, please contact [Miranda Dold](mailto:miranda.dold@wchn.org), Manager of the Goldstone Caregiver Center
(Phone) 203-739-4921 OR (Email) miranda.dold@wchn.org*