

GOLDSTONE CAREGIVER CENTER

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p>CAREGIVER CENTER CLOSED</p> <p>WISHING YOU A HAPPY, HEALTHY 2019!</p>			<p>1:20-1:30pm: Midday Meditation</p>
7	8	9	10	11
<p><u>12:45-1:15pm: Chair Yoga</u></p> <p>1:20-1:30pm: Midday Meditation</p>			<p>10:30am-12:00pm: Caregiver Support Group</p>	<p>1:20-1:30pm: Midday Meditation</p>
14	15	16	17	18
<p><u>12:45-1:15pm: Chair Yoga</u></p> <p>1:20-1:30pm: Midday Meditation</p>			<p>4:15-5:00pm: Tai Chi</p>	<p>1:20-1:30pm: Midday Meditation</p>
21	22	23	24	25
<p><u>12:45-1:15pm: Chair Yoga</u></p> <p>1:20-1:30pm: Midday Meditation</p>			<p>10:30am-12:00pm: Caregiver Support Group</p>	<p>1:20-1:30pm: Midday Meditation</p>
28	29	30	31	
<p><u>12:45-1:15pm: Chair Yoga</u></p> <p>1:20-1:30pm: Midday Meditation</p>				<p>*SEE BACK FOR PROGRAM DETAILS!</p> <p>All programs take place in the Caregiver Center, unless otherwise specified.*</p>

GOLDSTONE CAREGIVER CENTER

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

JANUARY PROGRAMS:

All programs listed below take place in the Goldstone Caregiver Center Conference Room.

Caregiver Support Group: Thursday, January 10 & 24 @ 10:30am-12:00pm

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. Please RSVP to Miranda Dold if you plan to attend either or both sessions.

Meditation: Every Monday and Friday, 1:20-1:30pm

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

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, January 17

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!**

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