



**Aging & Disability Resource Center**  
 Of Waukesha County  
 514 Riverview Avenue  
 Waukesha, WI 53188

## *Celebrating National Caregivers Month*

**Come for one workshop or for the entire day!!**

### **OPEN HOUSE**

**Wednesday,  
 November 12, 2014  
 9:00 am to 2:00 PM**

ADRC  
 514 Riverview Avenue  
 Waukesha, WI 53188

**9:00-10:00** 'Dear Diary'— Therapy in Writing-How journaling can help to relieve stress.

**9:00- 10:00** Nutrition for the Caregiver.

**10:00-11:00** Music and Memory-Create a personalized playlist of music for your care receiver.

**10:00-11:00** Powerful Tools for Caregivers— Evidence based caregiver training.

**11:00-12:00** Caregiver Connection— Hands on Workshop, bring your smartphone, tablet or laptop.

**11:00-12:00** 'Dear Diary'— Therapy in Writing-How journaling can help to relieve stress.

**12:00-1:00** Memory Café/Caregiver Intermission—Social Groups for Caregivers and their Care Receivers- Lunch included. [Reservations required.](#)

**1:00-2:00** Music and Memory- Create a personalized playlist of music for your care receiver.

**1:00-2:00** Powerful Tools for Caregivers-Evidence based caregiver training.

Throughout the day ADRC Specialists will be on hand for an overview on how the ADRC can help you with information and referral. Our Dementia Care Specialist will conduct Memory Screening. You can also find out about volunteer opportunities and network with other caregivers.

Refreshments will be served throughout the day.

**For more information or to register for the luncheon, please call the ADRC at**

**262-548-7848**

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#### MEMORY SCREENING: WHAT IS IT?

It's a wellness tool to identify possible changes in memory and cognition. A preventative, healthy option for early detection.

Used as a baseline of where a person is today and to monitor for changes in the future. This is not a diagnostic tool.

Takes 10 minutes of your time and results are shared with you immediately. Share this with your family physician and keep for future comparison.

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"There are only four kinds of people in the world - Those who have been caregivers, Those who are currently caregivers, Those who will be caregivers And those who will need caregivers."

*Rosalynn Carter*

