



November is Family Caregivers Month

It's a time to honor those who care for loved ones with illnesses or disabilities. It raises awareness about caregivers' challenges and encourages support from the community. Show care by offering specific help, expressing appreciation, and promoting self-care.

To learn more, please visit the website:

<https://www.caregiveraction.org/toolbox/>

Thank you.

Lauro Sansano III, BSN, RN, CCM
Parish Nurse