

The Chazak Adult Luncheon Club

Tuesday January 9, 2018

12:00 P.M. Gourmet Lunch

12:30 P.M. Alyson Kaplan Presenting

Resources and Support for the Caregiver

Bring Your Friends!

\$8.00 per person



In her informative presentation about caregiving, Alyson Kaplan will help guide us in the care planning journey as we learn about:

- Clarifying the various roles caregivers serve
- Involving others in the caregiving process
- Organizing documents, including a template
- Identifying resources available to help in this process
- Knowing signs of caregiver stress and burnout
- Learning ways to help oneself and others.



**RSVP by January 5 to Cookie Samuels at
challahgal@yahoo.com or 973-366-0763**