



# CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



## Program for Family Caregivers of People with Alzheimer's Disease or Dementia

### Do you provide care for someone with Alzheimer's disease or dementia?

- This program will teach:
  - stress management techniques
  - relaxation and coping strategies
- Program available at no cost

#### Information

**Who:** Family caregivers of someone with dementia

**What:** Multi-component program meets

- 90 minutes/ week for 9 consecutive weeks
- Groups of up to 8 people
- Materials for the program will be provided

**Where:** Online from the privacy of your own home

**When:** Fridays starting August 28 from 10 AM - 11:30 AM

#### REGISTRATION REQUIRED:

Call PLOWS Council on Aging at 708.361.0219

Or e-mail inquiries to Catherine Stowers, Program Manager, at [c.stowers@plows.org](mailto:c.stowers@plows.org)

Presented By



**PLOWS**  
Council on Aging



Developed At



Partial funding for the program is provided through an award from AgeOptions, the Area Agency on Aging for Suburban Cook County under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. PLOWS Council on Aging does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708.361.0219.

[www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)

# NAVIGATING ELDERCARE LEGAL & FINANCIAL ISSUES

For Caregivers, Older Adults,  
Soon-to-Be Seniors & Family Members

**SATURDAY, SEPTEMBER 19, 2020**

**10 A.M. – 11:30 A.M.**

**REMOTELY ONLINE VIA ZOOM**

**WHAT?** Educational seminar about Estate Planning, Wills & Trusts, Medicare and Property Tax Savings, Medicaid & more

**FEATURED SPEAKER:** Melissa Kallio,  
**Attorney at Dutton  
Casey & Mesoloras,  
P.C.**, concentrates her  
practice in elder law,



which includes Medicaid planning and applications, litigation for vulnerable adults against abuse, neglect, and exploitation, and guardianship estates. Melissa also serves as a court appointed Guardian ad Litem (GAL) and counsel for Respondents in guardianship estates.



## **REGISTRATION REQUIRED:**

**Contact Catherine, Program Manager, at  
708.274.0052 or e-mail  
c.stowers@plows.org**

**ZOOM LINK WILL BE SENT FOLLOWING REGISTRATION**



**DUTTON CASEY  
& MESOLORAS P.C.**  
ATTORNEYS AT LAW

ELDER LAW | ESTATE PLANNING | GUARDIANSHIP | PROBATE

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