

Celebrating National Family Caregivers Month in November!

National Family Caregivers Month is a time to recognize and honor family caregivers across the country. Join us this month as we celebrate Milwaukee County caregivers who provide care to support the health and happiness of their loved ones. Thank you, caregivers, for your important work!



We are here to support you while you support others!

Are you a relative, spouse, partner, or friend who helps a loved one with their daily tasks to keep them safe, comfortable, and happy? Then you are a caregiver and we are here to support you! The Milwaukee County Caregiver Support Program provides support services, education, and advocacy to promote the health and wellbeing of Milwaukee County caregivers as they provide crucial support to others.

Learn about events and resources for caregivers throughout the month of November at facebook.com/MilwaukeeCountyAgingServices.

**To learn more, call the ADRC at (414) 289-6874
or email caregiversupport@milwaukeecountywi.gov.**



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**AGING & DISABILITIES
SERVICES**

SAGE Care for the Caregiver Workshop

Date and Location: Saturday, November 4 from 9:00 a.m. to 1:00 p.m. at St. Alphonsus Church Community Room (6060 W. Loomis Rd, Greendale).

Details: Free event to provide respite for family caregivers caring for an older adults or someone with dementia or memory loss. Event includes mindfulness, relaxation, lunch, connection, and more! Register by October 29 by calling Greendale Health Department at (414) 423-2110 or at www.greendale.org/departments/health_department/index.php.

Caring for the Caregiver—Taking Care of You Event

Date and Location: Saturday, November 11 from 10:00 a.m. to 3:00 p.m. at St. Matthew C.M.E. Church (7500 N. 76th St., Milwaukee).

Details: Free event to honor family caregivers hosted by Alzheimer's Association with support from Milwaukee County Aging & Disabilities Services. Event includes yoga, massages, on-site respite, continental breakfast, and lunch. Spots are limited—register by calling (800) 272-3900.

Virtual Caring for the Caregiver presentation with Milwaukee Recreation Department

Date and Location: Virtual presentation on Tuesday, November 7 from 10:00 a.m. to 11:00 a.m.

Details: Free virtual presentation for Caregivers who are 50+ will learn strategies they can use to help reduce caregiver stress and practice self care. Register online at mkerec.net or by calling (414) 475-8811.

Aging and Disabilities Services Caregiver Appreciation Drop-in

Date and Location: Friday, November 17 from 5:00 p.m. to 8:00 p.m. at Wil-O-Way Underwood (10602 Underwood Parkway, Wauwatosa).

Details: In collaboration with the Friday Night Dance hosted by Easterseals Southeast Wisconsin for Adult Recreation, caregivers are welcome to drop-in for a massage, meal, and socializing. Register at county.milwaukee.gov/EN/Caregiver-Awareness-Appreciation-Month or by calling (414) 278-3938.

Coffee and a Chat with Wisconsin Alzheimer's Institute Regional Milwaukee Office

Date and Location: 10:30 a.m. to 12:00 p.m. on November 2nd, 7th, and 16th at Ebenezer Family Worship Center (3132 N. Dr. Martin Luther King Jr. Drive, Milwaukee) and Calvary Baptist Church (2959 N. Teuotonia Ave., Milwaukee)..

Details: Free presentations available in-person and virtually for caregivers and older adults. Presentations will cover Medicare, long-term care options, and common scams and frauds. Learn more and register at <https://go.wisc.edu/e1z773> or leave a message at (414) 219-5124 with your

Milwaukee County Aging & Disabilities provides a single point of access to services for older adults and individuals with disabilities. We offer a wide range of programs and services to meet the diverse needs of our community.

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