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PROGRAM TO HELP FAMILY CAREGIVERS OF OLDER ADULTS

Respite Day will be held Friday, June 28

AVON, CONN., April 25, 2002 – Caring for a family member who suffers from dementia or Alzheimer's poses a difficult strain that can deplete the energy of the caregiver. It is beneficial for caregivers to learn coping skills to help them respond in a positive way to everyday situations.

These skills, along with knowledge that can help strengthen mind, body and spirit, are the focus of a new program, *Respite Day for the Caregiver*, being offered by the Complementary HealthCare Institute (CHI) and the Alzheimer's Resource Center of Connecticut. *Respite Day for the Caregiver* will be held on Friday, June 28, from Noon to 5:30 p.m. at the Complementary HealthCare Institute, located at Saint Francis Care at Avon, 35 Nod Road in Avon.

The goals of this half-day program are to help participants rejuvenate their inner resources, which can be worn out by the challenges of daily life, and to reconnect them with their inner wisdom and compassion. The program will be taught by Randy Griffin, RN, MS, HNC, Associate Director at the Alzheimer's Resource Center of Connecticut and by Doreen Fishman, RN, HNC, CH and Denise Wolf, RN, MSN, HNC, CH, founding directors of Complementary HealthCare Institute. The fee is \$59. For reservations or more information, call the Complementary HealthCare Institute at 860-409-1501.

Affiliated with Saint Francis Care, CHI is a multi-disciplinary organization that offers holistic services and educational programs to support the integration of mind, body, and spirit for optimal health and well-being. The staff consists of a

diverse group of holistic health experts, including nursing professionals with extensive training in integrated medicine.

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