

Do You Care? Then Make Sure You Attend *Caregiver University*

Statistics say that 80% of all caregiving for adults is done by unpaid family and friends!

- Do you care for a loved one who is chronically ill or disabled — even from a long distance?
- Do you often make time to help out an adult relative, close friend, neighbor, or church friend?
- Do you feel that time for “you” is rare because you need to help “them”?

Then you would benefit from attending ***Caregiver University* classes at Tacoma Lutheran Retirement Community (TLRC)**. *Caregiver University* is a collaborative effort between the TLRC Foundation and Lutheran Community Services (LCS).

Caregiver University is based on the ELCA/LCMS Wholeness Wheel. The classes give resources and general strategies for caregiver’s spiritual, physical, emotional, social, intellectual, vocational, and financial well-being.

Sponsored by the TLRC Foundation, classes are **free to caregivers and include brunch!** Two classes will be offered on each **Saturday, 10 am to Noon:**

- **March 20** – *Planning Ahead and Finding, Creating & Using Resources*
- **April 17** – *Self-Care for the Caregiver and Communication & Family Dynamics*
- **May 15** – *Dementia, Chronic Illness & the Family and Financial Well Being*

Presenters are Sue Hanna, RN, Staff Development Director at TLRC and Patricia Witt, AIM, Caregiver University Coordinator at LCS.

Caregivers may attend one or all sessions, but space will be **limited to 50 participants** each Saturday. Caregivers will need to **RSVP to Nancy Caldara**, TLRC Foundation, **253-284-7538**.

