

January, 2008

Dear Neighbor,

Being a *caregiver* is not always easy. Devoting your time and effort to caring for an elderly person may affect relationships with family members, job performance and your personal life as well. Sharing your experiences with others while giving them encouragement and support can be very helpful.

Doubleday Babcock Senior Center is offering families who care for an elderly relative or friend an opportunity to share information and support. Caregiver Family Meetings will be held twice a month on **Monday afternoons from 4:30 pm – 5:30 pm** at 45 East Main Street, Oyster Bay. Our first meeting will be on January 14, 2008. We will answer all your questions on legal, medical and financial matters.

Please reserve a space in the group by completing and returning the form below. Other family members and friends are also welcome!

For information, please call me at 922-1770, ext. 305.

Sincerely,

Edna Dormer, LMSW

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Name: _____

Address: _____

Telephone: _____

Attending Yes No (but keep me on your list)

Number Attending _____

Comments or Questions _____
