



Community Caregiver Support Group

Sponsored by: St. Joseph Hospital Adult Day Health

Caregiver's Support Group

2nd & 4th Tuesday of each month - 12:30 - 2:00 p.m.

St. Joseph Hospital - South Campus

Rehab Conference Room

809 E. Chestnut, Bellingham, WA

For more information, please call 360-788-6410.

www.peacehealth.org/adulddayservices

The group provides speakers on topics relevant to caregiving, as well as devoting time to support, encourage and get to know other family caregivers who are facing many of the same challenges.

Whether you care for a loved one from a distance or in your home, you are most welcome.

Date: Tuesday, May 26, 2009
Time: 12:30 – 2:00 PM
Topic: Discussion Group
Location: Rehab Conference Room, St. Joseph Hospital – South Campus, 809 E. Chestnut, Bellingham (Jersey Street Entrance)

Date: Tuesday, June 9, 2009
Time: 12:30 – 2:00 PM
Topic: “Community Resources for Caregivers and Care Recipients”
Speaker: Senior Information and Assistance Staff
Location: Rehab Conference Room, St. Joseph Hospital – South Campus, 809 E. Chestnut, Bellingham (Jersey Street Entrance)

Date: Tuesday, June 23, 2009
Time: 12:30 – 2:00 PM
Topic: Discussion Group
Location: Rehab Conference Room, St. Joseph Hospital – South Campus, 809 E. Chestnut, Bellingham (Jersey Street Entrance)

Date: Tuesday, July 14, 2009
Time: 12:30 – 2:00 PM
Topic: “What it feels like to be a care receiver....a personal story”
Speaker: Stacie Owen, Social Worker
Location: Rehab Conference Room, St. Joseph Hospital – South Campus, 809 E. Chestnut, Bellingham (Jersey Street Entrance)

Date: **Tuesday, July 28, 2009**
Time: 12:30 – 2:00 PM
Topic: **Discussion Group**
Location: Rehab Conference Room, St. Joseph Hospital – South Campus, 809 E. Chestnut, Bellingham (Jersey Street Entrance)

Date: **WEDNESDAY, AUGUST 12, 2009 (note change from Tuesday to Wednesday)**
Time: 12:30 – 2:00 PM
Topic: **“Family Caregiver Picnic- Fairhaven Park Pavilion” Please RSVP at 788-6410**
Location: South of 107 Chuckanut Dr., Bellingham (Look for brick pillars)

Date: **Tuesday, August 25, 2009**
Time: 12:30 – 2:00 PM
Topic: **Discussion Group**
Location: Rehab Conference Room, St. Joseph Hospital – South Campus, 809 E. Chestnut, Bellingham (Jersey Street Entrance)

Date: **Tuesday, September 8, 2009**
Time: 12:30 – 2:00 PM
Topic: **“Living Will” Workshop** –Participants will learn how they can direct their own treatment should they become too ill to speak for themselves. Explanation of the POLST (Physician Orders for Life-sustaining Treatment) will also be given.
Speaker: Karen Ssebanakitta, RN, MS, founding member of Whatcom End-of-Life Council
Location: Rehab Conference Room, St. Joseph Hospital – South Campus, 809 E. Chestnut, Bellingham (Jersey Street Entrance)

Date: **Tuesday, September 22, 2009**
Time: 12:30 – 2:00 PM
Topic: **Discussion Group**
Location: Rehab Conference Room, St. Joseph Hospital – South Campus, 809 E. Chestnut, Bellingham (Jersey Street Entrance)