

July 2017

*To Love is to Receive a
Glimpse of Heaven*
--Karen Sunde

Monday	Tuesday	Wednesday	Thursday	Friday
		 WWW.CAREGIVERSOS.ORG		MEET YOUR CAREGIVER SPECIALIST Walk Ins Welcome & Appointments Available 210-507-3139
3 SOS CENTER CLOSED In Observance of Independence Day July 3-4 , 2017	Happy 4 th of July! 	5 "CUP OF CARE" CAREGIVER SUPPORT GROUP SOS Center 1:30 PM "A safe place where family caregivers and friends share, learn, and support one another"	6 STRESSBUSTING –# 4 "DEMENCIA" EN ESPANOL 10:30 – 12:00 pm Memory Care Westover Hills 10910 Town Center Drive	7 WELLMED SCREENINGS CISNEROS SR. CTR .
10 CAREGIVER PASSPORT TO WELLNESS 9:30 TELECONNECTION "AVOIDING CAREGIVER ISOLATION " - Z. Hilger LPC (SOS Center/& By Phone) 12 PM	11 RELAXATION SERIES Pt. 1 "BREATHING" 10:30 AM SOS Center at Cisneros	12 New! STRESSBUSTING –#1 GENERAL CAREGIVERS 1:30 –3:00 pm SOS Cisneros Center (Registration Required at 210-507-3139)	13 MEMBER ORIENTATION SOS CENTER 10 AM ALZHEIMER'S SUPPORT WESTOVER HILLS 10910 Town Center Drive 1:30 –3:00 PM STRESSBUSTING –#5 "DEMENCIA" EN ESPANOL 10:30 – 12:00 Westover Hills	14 WELLMED SCREENINGS CISNEROS SR. CTR . 730 AM -12 PM WELLMED PATIENT APPRECIATION MIXER 4:30 PM –6:30 PM Cisneros Senior Center
17 CAREGIVER PASSPORT TO WELLNESS 9:30 AM	18 HEALTHY EATING DEMO BY GRACE HOSPICE SOS CISNEROS 10:00 AM RELAXATION CLASS ART /COLORING THERAPY 11:00 AM at SOS Center	19 STRESSBUSTING # 2 1:30 –3:00 SOS Center TELECONNECTION "DEALING WITH SEX AND OTHER DEMENTIA RELATED SURPRISES " E. Sanchez SOS Center & By Phone 12 PM	20 LIFE INSPIRATIONS SOS CENTER AT 10 AM STRESSBUSTING –#6 "DEMENCIA" EN ESPANOL 10:30 – 12:00 pm Memory Care Westover Hills	21 WELLMED SCREENINGS CISNEROS SR. CTR . 730 AM -12 PM
24/31 TELECONNECTION "ENOUGH IS ENOUGH- SETTING PERSONAL BOUNDARIES AS A CAREGIVER " L. Barylak, MSW 11 AM SOS Center	25 RELAXATION SERIES Pt. 2 "IMAGERY" 10:30 AM SOS Center at Cisneros	26 STRESSBUSTING #3 GENERAL CAREGIVERS 1:30 –3:00 pm SOS Cisneros Center	27 MEMBER ORIENTATION SOS CENTER 10 AM STRESSBUSTING #7 DEMENCIA" EN ESPANOL 10:30 – 12:00 pm Westover Hills Memory Care	28 WELLMED SCREENINGS CISNEROS SR. CTR . 730 AM -12 PM

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