

Winter 2019 Activities



Support

Between Caregivers Cozy Coffee

In a welcoming, confidential environment, family caregivers who wish to meet, share and exchange similar situations gather on a monthly basis.

Designated Monday's

Godmanchester

1:30 to 3:30
Jan. 21st - Feb. 18th - Mar. 18th

Saint-Chrysostome

9:30 to 11:30
Jan. 28th - Feb. 25th - Mar. 25th

Lunch between Male Caregivers • Designated Monday's, 11:30 to 1:30

Male caregivers are invited to share a friendly & enjoyable lunch together.

The choice of restaurant will be confirmed each month / Jan. 14th - Feb. 4th - Mar. 4th

Counsellors Corner

It is not easy to reach out for support in challenging situations. Especially when one is a caregiver and they have difficulty to identify themselves in this role. It is normal for a spouse, sibling, child or a close family friend to be there for a loved one, when the occasion calls for it. The fine line that identifies one as family caregiver is above all, objective (factually).

In normal conditions, everyone has their daily responsibilities. Although, when a loved one becomes ill, life circumstances change and their responsibilities fall on others. When these responsibilities fall on an individual, they become a family caregiver. **As simple as it sounds, it is a fact that family caregivers are part of the invisible framework of the health care system. Research indicates that between 70 and 80 percent of care provided to seniors comes from their families and friends.*

At the onset of a loved one illness, taking on added work might not affect the caregiver. Although, if the illness becomes extended or chronic, the caregiver is at risk of becoming exhausted. To follow through on responsibilities, Les Aidants Naturels is there to help caregivers find support so they can delegate their added responsibilities. This can make all the difference between experiencing vitality or exhaustion. We all benefit from a balance life style, one that allows us ample time to re-energize.

Do you know someone caring for a loved one in loss of autonomy? If so, please share this information with them.

Coming this Spring: *Caring for a loved one without becoming exhausted*



23A, Ste-Anne, Saint-Chrysostome

1493, route 138, suite 4, Godmanchester

L'APPU POUR LES PROCHES AIDANTS D'AINÉS
MONTÉRÉGIE

Téléphone : 450.826.1243

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www.aidantsnaturelshsl.com

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Services

Respite Relief - Activity for loved ones

This service is geared for the elderly experiencing light to moderate loss of autonomy. Two qualified animators welcome participants to a complete day of organized activities, which are designed according to the groups needs. It offers physical, cognitive and creative stimulation through crafts, games and music therapy which highlights special occasions and celebrations. **Our organization offers adapted transportation free of charge.**

Godmanchester - Saint-Chrysostome

Every Monday from - 9:30 to 4:00

Except for holidays

Cost: Dinner \$7.50

** Respite Relief allows family caregivers to participate in the "Between Caregivers Cozy Coffee" support group.*

Chair Yoga Friday's * 1:30 to 2:30

Saint-Chrysostome - January 11th to March 22th (Except Febuary 8th)

Cost: \$60 for the session (Pre-registration is required)

Dinner & Dance ∞ February 8th 2019

Join us at our Dinner & Dance:

Friday, the 8th of Febuary 2019 - 6:00 pm

Municipality of Très-Saint-Sacrement

1180, route 203

Cost: \$25.00 per person

Event



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