

# Being My Mom's Mom and Refreshment for the Caregiver's Spirit

**Loretta Woodward Veney**

**Motivational Speaker, Trainer and Author**

**A Presentation for Community Members and Professionals**

**Wednesday, September 18, 2019**

**8:30am – 9:00am Registration | 9:00 am – 12:00pm  
Presentation - Breakfast - Tours**

## **Being My Mom's Mom**

Participants will hear Loretta's personal perspective on dementia and its impact on relationships. She chronicles her current eleven-year journey as her Mom's caregiver and discusses how forgiveness, patience, preparation and humor all work together to effectively manage Caregiving challenges.

## **Lifting the Spirit of the Caregiver**

Participants will learn strategies for lifting caregiver's spirits and helps participants uncover joy through the many challenges of caregiving. The suggested strategies are practical, effective, economical and even fun! Several activities geared towards providing joy and inner peace will be conducted during the session.

**To RSVP email [Events@Elderwerks.org](mailto:Events@Elderwerks.org)  
or call 847-462-0885**

## **Clarendale of Algonquin**

2001 W. Algonquin Rd.  
Algonquin, IL

*Elderwerks*



**CLARENDALE**



This program awards 3.0 CEU credits to Illinois nurses, professional counselors and social workers. License number is required. Advanced registration is requested. A \$10.00 fee payable to Elderwerks Educational Services, a 501C3 not-for-profit corporation, is requested from all registrants prior to this event. Payments are non-refundable. Please send payment to Elderwerks Educational Services, PO Box 92, Cary, IL 60013. To pay by credit card, an invoice will be emailed.

**NO FEE for community members to attend.**