



Chi Kung for Care Partners ...Relax...Restore...

A **Wellness Outreach** program for Caregivers and Family facilitated by Nevada Senior Services with funding provided through a grant from the Nevada Aging and Disability Services Division. Chi Kung is a combination of choreographed seated movement, sound vibrations and guided meditations to promote healing and relaxation by releasing negative emotions such as worry, anxiety, grief and anger. This is a specialized wellness outreach program specifically aimed towards care partners and other family members.

Classes are FREE for caregivers and open to the public. *Participants must register prior to attending the first session:

Monday evenings 5:30 - 6:30 PM

***Las Vegas (702) 648-3425**

2nd Tuesday mornings 11:00 - Noon

***Henderson (702) 368-2273**

What Care Partners Should Know

Studies show Dementia Caregivers are at increased risk for:

- ◇ Depression
- ◇ Vulnerability to Illness
- ◇ Financial Loss
- ◇ Social Isolation
- ◇ Anxiety, Upset, Feeling Overwhelmed
- ◇ Increased Mortality

We CARE ...

Nevada Senior Services Social Work Staff is here for you and your family. We offer **FREE** assistance, support and information at the **Adult Day Care Centers of Las Vegas and Henderson.** Please contact us if you need help or a hug. We are here to serve you.



Nevada Senior Services Adult Day Care Center of Las Vegas

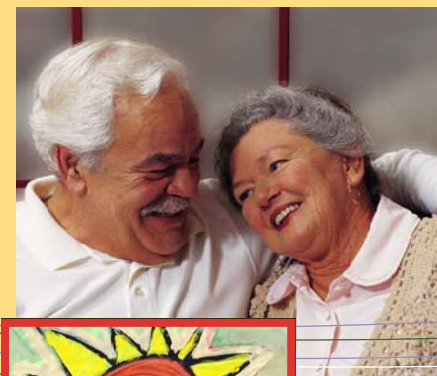
901 N. Jones Boulevard
Las Vegas, NV 89108
Phone (702) 648-3425
Fax (702) 648-1408

Adult Day Care Center of Henderson

1201 Nevada State Drive
Henderson, NV 89002
Phone (702) 368-2273
Fax (702) 243-2273

www.nevadaseniorservices.org

Nevada Senior Services Programs for CARE PARTNERS



Nevada Senior Services is dedicated to providing programs, services and research initiatives aimed at improving the physical, spiritual, and emotional health of individuals and their care partners who are facing the challenges of chronic disease, disability and aging.

"It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself."

-Ralph Waldo Emerson

REACH

HELP IS IN REACH

RCI REACH is a **FREE PROGRAM** for family caregivers of persons with Alzheimer's disease or other forms of dementia

RCI REACH is an in-home, tailored, caregiver support program consisting of 12 individual sessions in home and by telephone over a six-month period

RCI REACH provides evidence-based education, a focus on safety for the patient, support for the caregiver, and skills building to help caregivers manage difficult patient behaviors and decrease their own stress

Call Shanna Grayson (702) 368-2273
For information & registration

HEALTHY LIVING UP 2 ME



A Chronic Disease Self-Management Workshop

This **FREE**, six-week workshop developed by Stanford University is an evidence based program for people living with chronic conditions or caregivers of someone with a chronic condition.

Learn to cope with fatigue, pain, stress and depression. **Increase** knowledge of nutrition, exercise and medication usage.

Improve communication skills and **Achieve** weekly goals.

Call Ellen Grossman
(702) 648-3425
For Workshop Info and Schedule

Support Learn Grow



FREE Caregiver Support Groups for families living with Alzheimer's & other dementias

Adult Day Care Center of Las Vegas*
1st Wednesdays 10:00 - 11:00 am
3rd Wednesdays 10:00 - 11:00 am

Adult Day Care Center of Henderson*
2nd Tuesdays 10:00 - 11:00 am
3rd Tuesdays 5:00 - 6:00 pm

**** Please call to RSVP**

