

Schedule Of Events

9 - 9:30 a.m.

Registration and Breakfast

Sponsored by Runk and Pratt



9:30 - 10:15 a.m.

Laughter

Caregiving can be stressful and overwhelming at times. In this workshop you will learn more about the importance of laughter to physical, emotional, and social wellbeing. You will discover how laughter can help you stay healthy and cope better with the challenges of caregiving.

Presented by Denise Scruggs

Jewelry Making

It is important for family caregivers to make time for their hobbies and interests and to create outlets for caregiver stress. In this workshop participants will design a jewelry keepsake to take home while learning a new hobby.

Presented by Judith Johnson

10:30 - 11:15 a.m.

Floral Arrangement

This workshop will demonstrate the mechanics of flower arranging using simple, inexpensive, and natural items found right at home or in your own backyard.

Presented by Betsy Burton

Relaxation Techniques

This workshop will demonstrate relaxation techniques that may be utilized to decrease caregiver stress. The presentation will include guided imagery, meditation and simple breath work practices.

Presented by Michelle Walsh, MSW

Schedule Of Events

11:30 a.m. - 12:30 p.m.

Lunch

Sponsored by the Centra Hospice

12:45 pm. - 2 p.m.

Caregiver Discussion

This is a time for you to share your stories about caregiving and to learn about caregiving resources in our community.



Available All Day (9:30 a.m. - 2 p.m.)

Massage Therapy

Five minute chair massages .

Satin Hands and Lips

Enjoy a hand treatment and learn some of the latest beauty secrets from Mary Kay Cosmetics.

The Caregiver Resource Center

Browse community resources and literature available for your information.

Medicare Part D Specialist Available

The Central Virginia Area Agency on Aging has a Medicare Part D Specialist to assist you during the Medicare open enrollment period.

What The Day Is All About

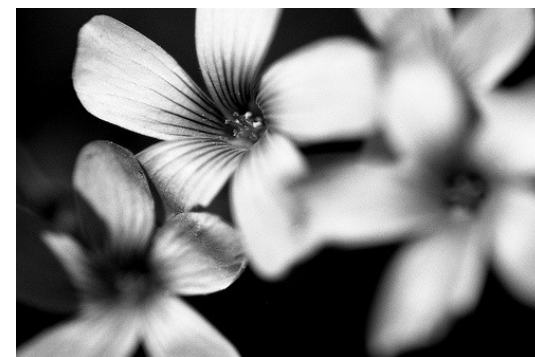
“Just Rewards” is a special day for Central Virginia’s caregivers. It is an opportunity to take a break from caregiving to pamper yourself, receive support, and enjoy a day of relaxation. You will also have a chance to visit the Aging and Caregiving Resource Center which is filled with an abundance of caregiving information.

Caregiving is stressful, but we hope that today’s activities will provide you the opportunity to leave it behind, if only for a little while, and enjoy yourself. The day is packed with activities to encourage you to put yourself first because taking care of yourself will make it easier to take care of others.

We also hope that you’ll meet new friends—friends who, like you, provide care for a loved one or offer support.

Most of all, we hope that you relax and make the most of this day.

You deserve today’s “Just Rewards.”



Registration Form:

“**Just Rewards**” is limited to the first 30 caregivers who register. To register call Cheryl Murphy-Anderson at 434.385.9070 , e-mail her at candanderson@cvaava.com, or return this registration form to:

**Central VA Area Agency on Aging
P.O. Box 1390
Lynchburg, VA 24505**

**Registration deadline:
October 20, 2011**

Name _____

Address _____

City _____

State _____

Zip _____

Home phone # (____)_____

E-mail _____

Number of people attending _____

Day Contributors:

Thank you to the following businesses who have contributed to Just Rewards:

- Adult Care Center of Central Virginia
- Alzheimer's Association of Central and Western Virginia Chapter
- Beard Center on Aging at Lynchburg College
- Burton Designs
- Care OPTIONS Plus, LLC
- Centra Hospice
- Central Virginia Area Agency on Aging, Inc.
- Central Virginia Family Caregiver Alliance
- Generation Solutions
- Home Instead Senior Care
- Judy's Jewels at Heritage Connection
- Mary Kay Representative
- Runk and Pratt Senior Living Communities

Just Rewards

A Special Day for Family Caregivers



November 3, 2011

9 a.m. - 2 p.m.

at the

**Central Virginia Area
Agency on Aging, Inc.**

**501 12th Street
at the corner of 12th and
Madison Streets
Downtown Lynchburg**