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## Caregiver Connect

*A Monthly Gathering for Caregivers at The Kensington*

**A**t the Kensington, we understand that caregiving for someone with dementia is a demanding responsibility. We also believe it is one you should not undertake alone. That's why we strive to preserve your well-being by helping you stay positive, manage fatigue and make the most of moments as your loved one's memory changes. Join us every fourth Wednesday of each month to share time connecting with other caregivers and discussing common challenges.

This month, Mary Winners, a recognized speaker and expert witness regarding elder services, leads our Caregiver Connect program. Mary has over 20 years of experience in health care, and she created About Senior Solutions as a response to serve others faced with dilemmas related to aging.



### Taking Care of The Caregiver

**Wednesday, Mar. 25 2020 / 11:00am - 12:30pm / Light refreshments served**

Statistically, the health odds are against caregivers who do not take care of themselves. This program presents information about why a caregiver should care for themselves and tips to care for the caregiver. What can caregivers do to get the support needed for long term care for a loved one?



**THE KENSINGTON**

*An Assisted Living Community*

REDONDO BEACH

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