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For immediate release.

The Village Chicago Has Support for Family Caregivers Free November events to focus on latest information and guidance.

October 20, 2021, Chicago – November is National Family Caregivers Month and National Alzheimer’s Awareness Month. While supporting caregivers and individuals with memory care and brain health needs are part of the Village Chicago’s mission year-round, throughout November The Village will present a series of free events via Zoom featuring leading experts with new insights and information on family care-giving:

The Savvy Caregiver (6-week series)

In partnership with The Chicago Department of Family and Support Services

Mondays, Ongoing

November 1–December 13, 10:30 AM

(No session 11/22)

Location: via Zoom

FREE

The Savvy Caregiver is an interactive educational program designed for caregivers who assist family or friends with any form of progressive dementia. Participants are shown how to create and modify strategies that they can use to lessen their own stress and improve levels of care. To register for this program, please email celebrate@thevillagechicago.org., call 773-248-8700 or [click here](#).

The 5 Keys for Caregivers Featuring Dr. Cheryl Woodson

Tuesday, November 2, 3:30 PM

Location: via Zoom

FREE

Join geriatrician, family caregiver, and author, Dr. Cheryl Woodson as she shoots from the hip and from the heart in this interactive discussion on how to give excellent care without killing yourself. To register for this program, please email celebrate@thevillagechicago.org., call 773-248-8700 or [click here](#).

An Unexpected Caregiving Journey in Alaska Featuring Author Fred Brewer

Thursday, November 11, 1 PM

Location: via Zoom

FREE

Fred Brewer never expected to be the one caring for his uncle in his final days in Alaska. While there, Fred learned about his uncle's very eccentric life while also discovering how to make him feel comfortable and provide a sense of worth. This is a new perspective on care-giving and an inspiring story of compassion and empowerment. To register for this program, please email celebrate@thevillagechicago.org., call 773-248-8700 or [click here](#)

The Choice: Resilience vs Frailty Featuring Dr. Steven Fox

Tuesday, November 16, 11:30 AM

Location: via Zoom

FREE

Frailty can be predicted, prevented and even reversed. Older adults have an inherent capacity for resilience. By recognizing and using their unique resilience, older adults can face the existence or prospect of frailty with greater confidence. To register for this program, please email celebrate@thevillagechicago.org., call 773-248-8700 or [click here](#).

Village CEO Darcy Evon says, "The role of the family caregiver has never been more essential or more in demand. In addition to spouses and siblings, a new "sandwich generation" of Millennials and Gen X need all the help they can get managing children, work, and aging parents. The Village Chicago stands ready to help with events such as these and our ever-expanding support services for family caregivers."

The Village Chicago is the city's leading social network of friendship, engagement and services for people over 50 and their families. We support all aspects of well-being through social engagement, trusted services and referral networks, lifelong learning, health and fitness, intergenerational relationships, work and purpose. Visit our website at thevillagechicago.org.

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