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RSVP for May's  
Caregiver  
Connect  
online!

# Caregiver Connect

*A Monthly Gathering for Caregivers. Now Online!*

Join us **every fourth Thursday of each month** to share time connecting with other caregivers and discussing common challenges. We welcome anyone caring for a loved one with dementia to join us, especially first-timers!



Lisa Bricker

**Challenges of Caring during COVID**  
**Thursday, July 30th 11:30am - 12:30pm**

We will discuss how to manage fear and anxiety while taking care of you and your loved one. Discussion of coping strategies, ways of staying connected with family and friends, and when to ask for help.



Brenda Shorkend

**Lisa Bricker**, Alzheimer's Advisor a family caregiver joins us with **Brenda Shorkend, MA** - Aging Life Care Manager to lead our Caregiver Connect program

**RSVP ONLINE:**

[www.TheKensingtonSierraMadre/events](http://www.TheKensingtonSierraMadre/events)

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Sierra Madre, CA 91024

**626-355-5700**

[TheKensingtonSierraMadre.com](http://TheKensingtonSierraMadre.com)



**THE KENSINGTON**  
*An Assisted Living Residence*

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