



REVERE COURT

MEMORY CARE

Monthly Caregiver Educational Zoom Workshop Series

“Caring for Caregivers through a Pandemic”

Tuesday’s:

Workshops will be held-July 21st, August 18th, September 15th, October 20th, November 17th & December 15th at 2pm.

Presented by:

Julie Interrante, MA

Julie is committed to the evolution of the self through the power and wisdom of one’s own soul. She has more than 30 years’ experience working with people in the midst of life-altering circumstances. She is a former faculty member of California Northstate College of Medicine teaching Hospice and Palliative Care as well as Sacramento City College in the Department of Psychology teaching Death and Dying. Julie is the author of *The Power of the Broken-Open Heart, Life-Affirming Wisdom from the Dying.*

Being a caregiver in the midst of a pandemic has proven more than challenging. It is stretching the limits of our ability to be calm, to be patient, to trust, to sleep and more. Living in the time of pandemic is affecting our social connection and our spiritual nourishment as well as our general well-being.

For some caregivers, sheltering in place has meant they cannot visit their loved one except through window visits, FaceTime or Skype. For others it means they are tending to their loved one 24 hours a day 7 days a week. In short, everything has changed. No one has the answers. There is no timeline and no certainty about an eventual outcome.

For this reason, you are invited to attend Caring for Caregivers through a Pandemic, a monthly workshop series for family caregivers. The sessions will offer tools and personal practices for connecting with the vastness of the heart to connect with a loved one even when they no longer connect through words or you are unable to see them. There will be time to share feelings of sadness, fear and uncertainty. We will explore self-care and self-kindness, finding patience for yourself and your loved one. Accessing the tender soft spot of the heart in order to remain true to yourself.

In addition, we will identify new ways to take care of our health and well-being – physical, emotional and spiritual. You will learn practices for living with uncertainty. We’ll even learn a little bit about technology and how to stay connected to friends and family. We will share poetry and wisdom of many who have lived through extraordinary times to encourage and hold us as caregivers in the midst the COVID-19 pandemic.

Please RSVP for Zoom info-
At 916-392-3510

At Revere Court Memory Care we understand that dementia affects whole families.

Each person with memory loss, and his or her family, experience different challenges and needs, which vary at different times during their journey.

We are here to support you by offering free workshops & support groups. You are not alone!

www.RevereCourt.com
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