

## Caregiver Connection Newsletter

The Caregiver Connection is a monthly Newsletter designed to provide Seniors and Caregivers up-to-date information about meetings, events, support groups and other opportunities to connect with the help they need. The newsletter also contains excerpts from articles that address sensitive issues on the minds and hearts of both Caregivers and Seniors. The newsletter is free via email and on our website. For those without computer access, mailed subscriptions are available. To read the current edition or to subscribe, please visit our website.



## Senior Resources On-Line Directory

This on-line, searchable directory is your one-stop source for products and services available to Seniors and Family Caregivers in Yavapai County. Included is contact information for nearly 400 for-profit, non-profit, and government companies and agencies. Categories include Independent and Assisted Living Facilities, Skilled Nursing, In-Home Care Providers, Transportation, Respite, End of Life, Financial and Emotional Support, and more. Save hundreds of hours of your valuable time and endless frustration by looking for the help you need in the On-Line Directory.

## Informative Articles

Providing or receiving help as a Caregiver or Care Recipient elicits a wide range of emotions. Unfortunately, many of these feelings remain unspoken due to our fear of upsetting our loved ones, or looking bad in the eyes of others whose expectations we're trying to meet. An important part of the Senior Connection website is a section containing articles about some of the most sensitive issues relating to the fears and frustrations of Caregiving. Some are written from the perspective of Seniors, others from the perspective of Caregivers. No topic is off-limits and we are constantly adding new articles.



## Agency Videos & Slideshows

It can be intimidating to call or visit an agency that provides services or products for Seniors or Caregivers. Embarrassment about the need for certain products, fear of a high-powered sales pitch, or lack of time to research all the options often results in putting off making the call to the very people who can help. Our website contains 3-minute videos and slideshows of some of the companies that provide products and services to our community. Watching videos on the website will let you put a "face to their name" in the comfort of your own home, eliminating the fear of contacting an unknown entity.

## SENIOR CONNECTION

### *Connecting You with Resources and Support*

The goal of the Senior Connection is to connect Seniors and Family Caregivers in our local communities with the products, services and support they need.

Being a Caregiver isn't easy. Nor is it easy for the Care Recipient. The decisions that need to be made can be overwhelming. Often, the hardest part is knowing where to find help for yourself and your loved ones. We offer Seniors, Family Caregivers and Service Providers a single point of reference for available resources.

Our Newsletter, Senior Resources On-Line Directory, Informative Articles, Agency Videos, Conferences & Expos, and Speakers Bureau are available to you, for FREE.

You are not alone - Help is available!

[www.SeniorConnection.us](http://www.SeniorConnection.us)  
(928) 778-3747

## Senior Resources Conference & Expo

These twice-yearly events provide an opportunity for Seniors and Family Caregivers to learn about some of the most important issues affecting their roles as Caregivers or Care Recipients. Presentations by well-respected local experts, as well as informational booths featuring local Senior and Caregiver providers are brought together in one convenient location. Admission is free and attendees may come and go as their schedule allows. For information on the next event, please visit our website.



### Speakers Bureau

Senior Connection Team Members have created educational presentations of approximately 45 minutes which the Senior Connection folds into its schedule of weekly FREE Educational Seminars for the community. The presentations are Non-Commercial, and designed to assist attendees in becoming better, more informed consumers through education.

The Senior Connection Speakers Bureau helps Seniors and Family Caregivers learn about issues of interest and concern, in a safe and supportive environment. Presentations are given by local experts. Admission is free. Please visit the website for a schedule of upcoming presentations.

## You are NOT Alone Help is Available!

### FREE RESOURCES:

Caregiver Connection Newsletter  
Senior Resources On-Line Directory  
Informative Articles  
Agency Get-Acquainted Videos  
Senior & Caregiver Expos  
Speakers Bureau

Visit [www.SeniorConnection.us](http://www.SeniorConnection.us)

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## SENIOR CONNECTION



### Your Key to Senior & Caregiver Resources

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