**The Caregiver Support Group will be held on Saturday March 11th**

**Our guest speaker will be Robin Williams from Hospice of NJ. She will be giving us a presentation on the “Five Wishes”**

Five Wishes is an advanced directive that has been described as the "living will with a heart and soul" and has changed the way people talk about, and plan for care at the end of life. Five Wishes is written in everyday language and helps people express their wishes in areas that matter most — the personal and spiritual in addition to the medical and legal.

9:00 – 10:00 coffee/tea

10:15 -12:00 Support Group and Member activities

12:15 Lunch

1:15 – 2:15 Caregiver Art Project – “The Art of Care” (info on next page)

Feel free to bring your loved one as activity staff will be here to entertain.

**Very important when you call or email to confirm your attendance –**

**Let us know if you will be bringing your loved one, if you are staying for lunch AND if you’ll be participating in the painting project.**

There is a suggested $10 per person donation for lunch.

There is no charge for the art project.

**Those of you who attend our support groups know we have a very relaxed schedule on Saturdays 😊**

**We are going to attempt to stay on time in March so we get to enjoy everything!**

**We plan on the group starting promptly at 10:15. Thank you!**

***The Art of Care***

**After lunch we will be having our 1st of 3 art making sessions for our families. (The next sessions will happen after the May and July groups)**

**This month we will be thinking spring and exploring watercolor art.**

**You don’t need to be an “artist” to benefit from this exercise.**

**Stay and have some fun with this relaxing activity (1:15-2:15).**

**Your loved ones can participate or do a post lunch activity with our staff.**

