



# Caregiver Survival Skills

Find Help  
in Caring for Your Loved Ones

**In the Trenches:** this new series of programs presented by the Mountain Caregivers Resource Group will help caregivers cope with a variety of medical situations. Participants will receive a notebook to guide them through the process and prepare for the difficult times ahead. **For more information, please call Mt. Evans Hospice at 303-674-6400 or the Seniors' Resource Center at 303-674-2843.**

Thursday, **Sept. 24** 4 - 5:30 p.m.  
**Evaluating the wellness of your loved one:** learn how to do an assessment  
Evergreen Library

Thursday, **Oct. 22** 4 - 5:30 p.m.  
**A Medical Emergency:** knowing what steps to take  
Life Care Center

Thursday, **Dec. 3** 4 - 5:30 p.m.  
**Hospitalization,** discharge and the next steps  
Evergreen Library

Saturday, **Jan. 23** 9 a.m. - 3 p.m.  
**Caring for the Caregiver**  
Seniors' Resource Center

Thursday **Feb. 25** 4 - 5:30 p.m.  
**Medical and Legal Issues:**  
Preparing yourself for difficult decisions  
Elk Run Assisted Living

Thursday, **March 25** 4 - 5:30 p.m.  
**Financial and Insurance Issues:**  
Preparing yourself for difficult decisions  
Elk Run Assisted Living

Thursday, **April 22** 4 - 5:30 p.m.  
**You are not alone!**  
Mountain community resources  
Evergreen Library

Thursday, **May 20** 4 - 5:30 p.m.  
**Community Agencies:** How do I find them and what can they do for me?  
Evergreen Library

**The Mountain Caregivers Resource Group**  
Elk Run Assisted Living Community 303-679-8777  
31383 Frost Way  
Evergreen Library 303-235-5275  
5000 Hwy. 73 (at Buffalo Park Road)  
Mt. Evans Hospice and Home Health Care 303-674-6400  
3081 Bergen Peak Drive  
Life Care Center of Evergreen 303-674-4500  
2987 Bergen Peak Drive  
Seniors' Resource Center – Evergreen 303-674-2843  
5120 Hwy. 73

American Sign Language interpreters will be provided at any library program upon request. Please contact us at least one week in advance: TTY 303-275-2233, voice 303-275-2205 or e-mail [etodd@jefferson.lib.co.us](mailto:etodd@jefferson.lib.co.us).



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