



## HHH SEPTA MEETING December 13, 2018 10:00AM

Please join us at The Fran Greenspan Administration Center  
located on 525 Half Hollow Road  
in the conference room.

### CARE FOR THE CARE GIVER

Guest speaker Mrs. Alissa Morris, Regional Coordinator, Parent to Parent  
NYS

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled or special needs child, or an aging relative. The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else. Mrs. Morris will share resources and strategies for dealing with caregiver stress. Come and join us as we share what exciting events and programs we have lined up for the year. Everyone is welcome, bring a friend.

For information call or email Co Presidents:  
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*Ammy*  
9/7/18