



SkillBuilders

Education and Support for Widows, Widowers and Caregivers

Spring—2009 Schedule

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| March 5 | Your Legacy: I to We to Me | Jean Humphrey, Johnson County Family Life |
| March 12 | Estate & Legal Matters | Cheryl Trenholm, Barber Emerson LC |
| March 19 | Managing Your Money | Steve Hamilton, VSR Financial Services |
| March 26 | Maintaining Your Home | Al Negen, Negen Remodeling |
| April 2 | Coping w/ Special Occasions | Donna Flory, Social Worker with Hospice |
| April 9 | Gardening | Jennifer Smith, Douglas County Extension Office |
| April 16 | Computer Care & Keeping | Forum format-bring your questions |
| April 23 | Home Security & Personal Safety | Gary Squires, Douglas County Sheriff's Office |
| April 30 | Car Care | Richard Haig, Westside 66 |
| May 7 | Searching for Peace | Linda Upstill, Rumsey-Yost Funeral Home |
| May 14 | Healthy Eating for One | Susan Krumm, Douglas County Extension Office |
| May 21 | Celebration Potluck | |

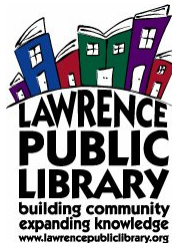
Thursdays, March 5 - May 14, 2009

LAWRENCE PUBLIC LIBRARY

707 Vermont

10:00am to 11:45am

Although sessions are designed for widowed persons and caregivers, anyone is welcome.
No pre-registration necessary. No charge. Refreshments provided.



This program has been funded by the Community Impact Grant through the United Way of Douglas County and is presented by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services (DCSS).

A special thank you to all of our presenters & their employers for volunteering their time & talent.

FREE DOOR TO DOOR TRANSPORTATION PROVIDED BY DCSS 785-842-0543

Questions? - Call Sarah Randolph, Douglas County Visiting Nurses, Rehabilitation, and Hospice Care—785-843-3738