

# SkillBuilders-Fall2009

Education and Support for Widows, Widowers and Caregivers

Funded by a  
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from the  
Douglas County



- Sept 3-Surviving and Thriving-Donna Flory, MSW
  - Sept 10-Personal Security and Home Safety- Gary Squires, Douglas County Sheriffs Office
  - Sept 17- Don't Fear Your Electronics- Mary Gauthier, retired business teacher
  - Sept 24-Estate and Legal Matters- Cheryl Trenholm, Barber Emerson LC
  - Oct 1-Searching for Peace- Linda Upstill, Rumsey Yost Funeral Home
  - Oct 8-Talk with Your Doc like a Pro, Lisa Mitchell, RN
  - Oct 15-Winterizing Your Car, Richard Haig, Westside 66
  - Oct 22-Managing Your Money, Steve Hamilton, VSR
  - Oct 29-Winter Gardening- Jennifer Smith, DC Extension Office
  - Nov 5-Spiritual Well-being- Paul Reed, VNA Hospice Chaplain
  - Nov 12-Healthy Eating for One, Susan Krumm, DC Extension Office
  - Nov 19-Celebration and Remembrance
- Look for new topics in the Spring!

QUESTIONS-  
PLEASE CALL  
SARAH WITH  
VNA HOSPICE,  
785-843-3738

Free Transportation  
DCSS— 842-0543

Thursdays  
10:00-11:45am  
Lawrence  
Public Library  
Gallery Room

