



SkillBuilders

Education and Support for Widows, Widowers and Caregivers

Fall—2008 Schedule

Sept 4	Estate & Legal Matters	Cheryl Trenholm, Barber Emerson LC
Sept 11	Your Legacy: I to We to Me	Jean Humphrey, Johnson County Skillbuilder
Sept 18	Computer Skills Forum	Mary Gauthier, retired business teacher
Sept 25	Going on with Life	A panel led by Laura Kaiser with Hospice Care
Oct 2	Brighten Your Home with Winter Gardening	Jennifer Smith, Douglas County Extension Office
Oct 9	Maintaining Your Home	Al Negen, Negen Remodeling
Oct 16	Car Care	Richard Haig, Westside 66
Oct 23	Home Security and Personal Safety	Gary Squires, Douglas County Sheriff's Office
Oct 30	Managing Your Money	Steve Hamilton, VSR Financial Services
Nov 6	Healthy Eating for One	Discussion led by Rosemary Kay, Volunteer
Nov 13	Coping w/Special Occasions	Donna Flory, Social Worker with Hospice Care
Nov 20	End of Session Potluck	All Welcome

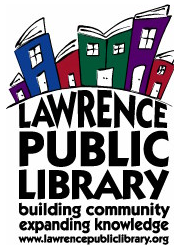
Thursdays, Sept 4—Nov 20, 2008

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 at Douglas County Visiting Nurses, Rehab & Hospice—785-843-3738

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