

## Press Release

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### CREATE SOME HAPPY! *Tools for your caregiving toolbox*

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“All seniors, regardless of capacity, seek to be engaged socially, emotionally and intellectually”, says Patricia Schumacher, the owner of Home Care Assistance of Rhode Island. “Caring for a loved one with a cognitive disorder is stressful. It is vital to learn as many vehicles of expression as possible and to be able to have fun with it. That’s why we’re excited to be launching this introduction to our upcoming series that offers a more proactive holistic approach to being a care partner.

Caregiving is a role that often surprises people. There are many resources to consult, but the journey is best started with embracing the opportunity to grow in ways unimaginable before. Our mission is to change the way the world ages and with "Create Some Happy" we would like to share some simple skills and strategies you can add to your toolbox.

The event will be held at the beautiful One Earth Air Plant Center in Wickford on October 25th, from 5:30 - 7:30 pm. The cost is \$12 to cover materials you will take home with you. Healthy appetizers and refreshments will be served.

**Sign up on Eventbrite:** <https://www.eventbrite.com/e/create-some-happy-tickets-38585009803?ref=esfb>  
or call Home Care Assistance: 401 284 0979.

"We are all remarkably creative and learning to recognize the creative potential within, allows one to use that resource to play more and nurture yourself on all levels of body, mind and spirit. Through creativity and self-expression, we can all experience simple practices that can reduce stress while activating more joy in our busy lives." says Susan Fox, the co-founder of the expressive and creative arts program at Salve Regina University. “The purpose of this event is two-fold: it’s a fun and healthy way to relieve your own stress and second, you can share the new creative tool with the person you are caring for,”

**Home Care Assistance of RI** has been offering innovative care programs to help seniors live healthier, more independent lives at home since 2014. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in supporting brain health. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults.