

Press Release

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CREATE SOME HAPPY! *Tools for your caregiving toolbox*

FOR IMMEDIATE RELEASE
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Create Some Happy is a free event for caregivers. Come and learn how mindful practices and the creative arts can enhance your own well-being and directly benefit the person you are caring for. "There is so much encouraging evidence unfolding on how the brain works and the many ways we can turn challenges into opportunities for deeper connection. 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 offering the 2nd workshop in the Create Some Happy series that promotes a more proactive holistic approach to caregiving." says Patricia Schumacher, the owner of Home Care Assistance of Rhode Island. "We've got a wonderful series planned that will include different modalities of creative expression like dance, music, theater and other creative forms. We are offering a Certificate of Completion for anyone who attends 4 or more classes. When we hear participants say, 'I was so stressed out, I needed this.' or 'This makes me feel hopeful', we know we're on the right track." No artistic talent is necessary for any of the workshops, it's all about expressing creativity.

In this 2nd workshop Susan Fox will be presenting Visualization and Guided Imagery – the Power of Words and Doodles. Through visualization, learn tools to move from a reactionary state to a more creative approach.

The event will be held at the beautiful Duck Cove Retreat in North Kingstown on December 13, from 5:30 - 7:30 pm. This a free event. Healthy appetizers and refreshments will be served.

Sign up on Eventbrite:

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.