

CareShare Topics  
January 18 through April 19

Thursday, January 18: You're not Superwoman or Superman.  
Ask for help!

Thursday, February 1: Transportation

Thursday, February 15: Adjusting your living environment to  
make life easier

Thursday, March 1: Help that may be available

Thursday, March 15: Power of medical attorney and other legal  
issues

Thursday, April 5: NO MEETING

Thursday, April 19: Simplify your life & fun things to still enjoy  
with your loved one