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## **Kenosha County Caregiver Coalition Offers Family Caregiver Appreciation Luncheon at no Charge**

*Kenosha, WI.* In recognition of National Family Caregivers Month, the Kenosha County Caregiver Coalition is offering a free luncheon for family caregivers.

November is an important time to honor and recognize those who often go unnoticed yet have taken on the extra responsibility of caring for an adult with a disability or an older adult.

Family caregivers often provide “around the clock” hands-on care and support for many years. Some caregivers partner with other friends and family to support the needs of a family member, friend, or neighbor. In America alone, there are 53 million unpaid family caregivers. According to AARP it is estimated that family caregivers provided an economic value of \$600 billion in 2021. While the economic impact is incredibly beneficial, most importantly these seemingly simple tasks, such as cooking, cleaning, snow shoveling and running errands, provide and sustain a better quality of life for the individual receiving the care.

Caregivers and care receivers come from a wide range of environments. Most people don’t think of themselves as caregivers. They simply see themselves as the wife, husband, daughter, brother, aunt, uncle, neighbor, or friend they are. The person receiving care can be living at home (in the community) or in an assisted living facility, adult family home, or nursing home.

Kenosha County Executive Samantha Kerkman will be a guest of honor and will provide the National Family Caregivers Month proclamation. The luncheon will also offer resources, support, and valuable information for caregivers.

Haleigh Couch, Health & Wellness Coordinator with the Kenosha County Aging & Disability Resource Center, will present information on falls prevention and free health and wellness programs offered by the ADRC.

Cori Marsh, Aging Programs Supervisor at the ADRC of Rock County, will present, “Seriously, Go Ahead and Laugh.” Marsh’s presentation shines a light on the serious tasks of caregiving, yet the importance for caregivers to allow themselves grace, while also finding humor in stressful caregiving situations, and life in general.

The buffet luncheon will be served on Wednesday, Nov. 15, 2023, from 11 a.m. to 1 p.m., at Gateway Technical College in Kenosha. Carthage College nursing students will provide respite by engaging with care receivers in an adjacent room and provide them with lunch. Requests for respite must be made at the time of registration. All guests, caregivers, and receivers alike, will dine on a luncheon of broasted chicken, mostaccioli, oven roasted potatoes, green bean almondine, dinner rolls and dessert.

Please join us at this free event to learn more about the importance of taking care of ourselves so we can take care of those who need our support. Space is limited, so registration is required. To register, call the Kenosha County Aging & Disability Resource Center at 262-605-6646 by Thursday, Nov. 9, 2023.

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