

CARING FOR THE CAREGIVER



Are you a caregiver?
Feeling blue?
Feeling stressed?
YOU ARE NOT ALONE!

Whether you are a professional caregiver or a caregiver for a family member, taking care of yourself isn't a luxury, it is a necessity. We need to take care of ourselves so that we can care for others.

Come join us for an interactive discussion where we will review what caregiver stress and burnout is, signs of caregiver stress and burnout and finally discuss some helpful strategies for dealing with it.

Castle Senior Living is proud to present the first session of "Visits with Von." This monthly event is hosted by our Hospice Executive Director, Yvonne Ward, and our goal is to provide insights into Hospice and Senior Care to those with questions or loved ones who may be in need.

Date:

March 10, 2021

Time:

3:00 PM

Location:

Virtual
(via Zoom Meet)

RSVP:

yvonne@castlewi.com
(You will be sent a link)



Yvonne Ward APSW, ACHP-SW
Hospice Executive Director

Yvonne Ward joined the Castle Senior Living family in 2020 and is an integral part of our soon-to-be-launched Hospice program. Yvonne (or Von as we like to call her) has over 11 years of professional experience in hospice, social work, and the healthcare industry. She is an Advanced Certified Hospice and Palliative Care Social Worker – certified in 2017 from the National Association of Social Workers. She received her Bachelor's in Social Welfare with a Criminal Justice Certificate and her Master's in Social Work with a Mental Health emphasis from the University of Wisconsin – Madison. Her goal is to help people with their physical, mental, emotional and healthcare needs by providing resources, support, advocacy and education. Von is so passionate about the individuals and families under her care, that she once arranged for a hospice patient to fulfill a last wish to go skydiving and then proceeded to jump out of the plane *with* him for support!