

## Caregiver Support Group

### Feeling Overwhelmed and Alone?

Join our virtual Caregiver Support Group for information and connection with others!

- Open to all caregivers of those with Alzheimer's disease or related dementia
- Exchange practical information on caregiving problems and possible solutions
- Share different ways of adapting to the continuing stress of coping
- Share concerns in a supportive atmosphere

**Meetings are held:** The 1st and 3rd Tuesdays of each month. May 3 & 17 • 1:00-2:00 p.m.

We ask for an initial registration for first time attendees. Please contact Shana Weaver at [sweaver@HCSservices.org](mailto:sweaver@HCSservices.org) or 603-352-2253.

For more information and the Zoom link, visit [HCSservices.org/resources/for-caregivers/](https://www.HCSservices.org/resources/for-caregivers/).

## Butterfly Release

11th Annual Ceremony  
of Remembrance & Gratitude

NEW THIS YEAR  
TWO LOCATIONS



**Thursday, June 16, 2022 2:00-6:00 p.m.**  
Cathedral of the Pines, 10 Hale Road, Rindge

**Thursday, June 23, 2022 10:00 a.m.-6:00 p.m.**

Time slots will be reserved throughout the day.

**Butterfly Park, 320 Marlboro Street, Keene**

Be part of the magic as you release your butterfly in honor or memory of a loved one. Butterflies will be released at reserved times to allow for social distancing. Once we receive your order, we will contact you to reserve your time slot. To order your butterfly online go to: [www.HCSservices.org/shop](https://www.HCSservices.org/shop).

If you have any questions, please call Marianne at 352-2253 x4294.

## OPEN HOUSE



**Saturday, May 14 • 10 a.m.-12 p.m.**

Are you, or do you know of someone, caring for a family member? Are you concerned about a family member who is home alone all day? Come see what the Castle Center has to offer!

The Castle Center provides respite for caregivers while giving their family member an opportunity to socialize, enjoy meals and snacks, and a wide variety of activities. Personal care is also available!

Stop by— the Castle Center offers so much more than you can imagine!

**HCS is in The Keene Sentinel  
2022 Choice Awards Finalist  
Round, and we'd appreciate  
your votes!**



You can vote for HCS in the following categories:

### PEOPLE & PLACES

- Fundraising Event (HCS Butterfly Release)
- Nurse (Bekki Joki-Provencher OR Aylene Wozmak)

### SERVICES

- Home Care Agency (HCS - Home Healthcare, Hospice & Community Services)
- Physical Therapist (Cayla Groeber, Chris Persson, Jackie Brittain OR Shana Kirschner)

Visit [www.sentinelsource.com](https://www.sentinelsource.com) to submit your votes now through May 8. THANK YOU for your support!