



1165 Elkview Ave. ✧ Gaylord, Michigan 49735  
989.732.1122 ✧ [www.OtsegoCountyCOA.org](http://www.OtsegoCountyCOA.org)

Presents...



# TENDER LOVING CAREGIVERS

Empowerment Group for Individuals Caring for Loved Ones with Memory Loss

**First Wednesday of the Month**

**1:00 p.m. to 2:30 pm**

**Otsego County Commission on Aging ~ Board Room (Upper-Level)**

**1165 Elkview Avenue, Gaylord**

**January 7 ~ Winter Break**

**February 4 ~ “Hands On” Care/Personal Care Technique**

Guest Speaker ~ Debra Ross, Alzheimer’s Association (Live Virtual Presentation)

**March 4 ~ Sound Therapy**

Guest Speaker ~ Lynnette Benjamin-LaHahn

**1:00 pm ~ An educational hour with local guest speakers and community resources.**

**2:00 pm ~ Q & A time designated towards topics regarding specifically to our loved ones.**

**Facilitator: Evie Riozzi, LPN - OCCOA Otsego Haus Coordinator**

Respite care during meetings is available. To sign up, call 989.732.1122.

The Tender, Loving Caregivers Support Group and meeting respite care are funded in part through a grant from the Region 9 Area Agency on Aging.