

NEWS RELEASE



Vital information for seniors,
their families and caregivers[®]

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For Immediate Release

“Solving the Caregiving Puzzle”

FREE *SENIOR GUIDANCE DIRECTORY & CAREGIVING HANDBOOK* WORKSHOP HELPS CAREGIVERS FIND VITAL RESOURCES

Balancing work, family and eldercare issues can be tough. Join the free February 3 caregiving workshop where—using the Directory—you will learn about the resources that can help you plan for and resolve your eldercare challenges. The workshops are held at the American Red Cross building, 2700 Southwest Freeway the first Tuesday of every month from 11:30 a.m. to 1:30 p.m. Please bring your own brown bag lunch. To reserve a place call 713-529-9991 Ext. 1.

Background

With the cooperation of its community partners—Isla Carroll Turner Friendship Trust, Cameo Caregivers, The Brown Foundation, Harris County Area Agency on Aging, Texas HealthSpring, Wright Abshire Attorneys, Home Instead Senior Care, Sheltering Arms Senior Services, United Way of Greater Houston and Walgreens, Senior Guidance Directory, Inc.—a 501(c) (3) charitable organization—annually publishes and distributes more than 100,000 copies of the *Senior Guidance Directory & Caregiving Handbook*. The Directory contains a comprehensive and accurate listing of vital resources and services for seniors and their caregivers. Along with the resource contact information, there are valuable explanations on a range of topics, including housing, home healthcare, financial and legal assistance, transportation, Medicare/Medicaid, Social Security, as well as many more senior-related issues.

Provided free to individuals at all Houston-area Walgreens pharmacies, and used daily by hundreds of government, social and charitable organizations who provide assistance and information to Houston’s older population, it is estimated that the *Senior Guidance Directory* impacts 600,000 lives each year. The Directory is also available online at www.srguidance.org.