

## Finding Humor in Caregiving

Date: 03-02-2010 11:05 AM CET

Category: [Health & Medicine](#)

Press release from: [Providence Life Services](#)

When Saratoga Grove, a retirement community in Downers Grove, Illinois, decided to become a CAPS Chapter, they knew the first benefit they could bring to Downers Grove caregivers was the gift of laughter. CAPS (Children of Aging Parents) is a national network of support groups for caregivers; Saratoga Grove not only provides caregiving services themselves, but they also recognize the strain of caregiving that many families suffer even after they have assigned the day-to-day responsibilities to professionals.

“Caregiving is not easy,” says Lynne Kornecki, a Community Relations Director for Saratoga Grove. “It can be rewarding and meaningful and life-changing, but it’s never easy. We understand that. We joined the CAPS network because we want people in this community to know they are not alone.”

"We felt it important to meet the needs of our local caregivers locally," says Saratoga Grove's Francine Myers. "There are only a few CAPS Chapters in the state of Illinois, and we knew this was a much-needed support system, so we began the process of opening a new chapter right here at Saratoga Grove."

As members of CAPS, Lynne and Francine have put together a series of practical lectures that will lead off on Thursday, February 25, with “Humor for the Caregiver,” a presentation by local Laughter Leader and Motivational Specialist Lynda Tourloukis. Lynda’s various websites all promote her belief that laughter is essential for emotional, spiritual, and physical health.

The evening will begin at 6:30pm with substantial appetizers for people coming right from work. People will have chances to connect with each other before and after Lynda Tourloukis’ presentation.

The series will continue with a presentation every other month, from February through October. Upcoming topics include:

April 29 – How to Have the Tough Conversations: finances, advance directives, and more

June 24 – What’s Happening to Mom: recognizing the early signs of dementia

August 26 – Healing the Life-Long Family Rift

October 28 – When Mom and Her Household are a Disaster: bill-paying, record-keeping, cleaning, finances, and more

“We’re really excited about this line-up,” says Lynne. “These are top-of-the-line, respected professionals who will not only sympathize with caregivers, but will offer very practical steps that caregivers can take right away.” Tables of resources and follow-up information will be available at each presentation.

The series is open to all caregivers in the Downers Grove area. To RSVP for the February 25 presentation, call Fran Myers at 630-971-1995.

Saratoga Grove is located at 3460 Saratoga Avenue in Downers Grove, Illinois.

# # #

Saratoga Grove is a member of the Providence Life Services family of retirement options and has been providing retirement care and services for Downers Grove (Ill.) and neighboring communities since 1989. Assisted Living and Retirement Living apartments are available for rent by the month. Saratoga Grove shares a campus with Providence Healthcare & Rehabilitation Center, providing additional options as care needs change.

Providence Life Services  
18601 North Creek Drive

Tinley Park, IL 60477  
708-342-8100  
Press contact: Melanie Jongsma  
[mjongsma@provlife.com](mailto:mjongsma@provlife.com)

[You can find this press release here](#)