

In recognition of National Family Caregiver Month, Brook Lane and Potomac Case Management Services are hosting a free Caring for the Caregiver Resource Fair on October 30 and a series of virtual programs via Facebook Live throughout the month of November. The Fair will feature exhibitors who specialize in helping individuals provide care to loved ones due to physical or mental illness and two keynote speakers. The event is FREE, but please register at [www.brooklane.org](http://www.brooklane.org) if you plan to attend so you will be included in the lunch count. Any COVID updates will be posted on the Brook Lane website.

## Caring for the Caregiver Resource Fair

Saturday, October 30, 2021 from 10:00 am - 2:00 pm

The EM Tobias Family Center Atrium

324 East Antietam Street, Hagerstown, Maryland

10:00 am - 2:00 pm	Exhibits
10:30 am - 10:45 am	Welcoming Remarks
10:45 am - 11:45 am	<b>Keynote: When 24 Hours Isn't Enough</b> <i>Featuring Melissa Linn-Canas, LCPC</i> Melissa will discuss caregiver stress, guilt, grief and loss, self-care, and coping mechanisms.
11:45 am - 1:00 pm	Complimentary Boxed Lunch/Exhibit Visitation
1:00 pm - 1:45 pm	<b>Keynote: Recognizing Signs of Mental Health Issues When Caregiving</b> <i>Featuring Brook Lane psychiatrist, Dr. Lynn Feldman</i> Dr. Feldman will focus on identifying the signs and symptoms of anxiety, depression and other mental health conditions, and when and how to reach out for help.
1:45 pm - 2:00 pm	Exhibit Visitation

## Free Facebook Live Presentations in November

Throughout the month of November, Brook Lane and Potomac Case Management Services will offer five free virtual presentations via Facebook Live covering a range of topics to help better manage the care-giving journey. Programs include:

### Mindfulness Strategies for Managing Caregiver Stress

Tuesday, November 2, 2021 from 1:00 pm - 2:00 pm  
Presenter: Melissa Linn-Canas, LCPC

### How Spirituality Can Help the Caregiver

Thursday, November 4, 2021 from 1:00 pm - 2:00 pm  
Presenter: Pastor Ron Shank

### Navigating the Challenges of Caregiving: Sharing Personal Experiences

Tuesday, November 9, 2021 from 1:00 pm - 2:00 pm  
Moderator: Dawn Johns  
Panelists: Sue Graff, Jodi Ramsey & Cheryl Schnebly

### Navigating the Challenges of Caregiving: Legal and Financial Aspects

Thursday, November 11, 2021 from 1:00 pm - 2:00 pm  
Moderator: Dawn Johns  
Panelists: Jeanne Singer, JD and Cynthia Moore, CPA

### Handling Holiday Stress While Caregiving

Tuesday, November 16, 2021 from 1:00 pm - 2:00 pm  
Presenter: Robin Morris, LCSW-C

Visit Brook Lane's Facebook page on the dates/times above to watch live. All programs will be posted to Brook Lane's YouTube channel for future reference. Questions? Contact Curt Miller at [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org) or 301-733-0331 x1228.