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**Sunbeam Celebrates Caregivers at Annual Luncheon**

**Gives Thanks for Those Who Give Back**

**(OKLAHOMA CITY)** – On Nov. 9, Sunbeam Family Services celebrated nearly 50 caregivers who care for a loved one 60 years of age and older. Caregivers received a delicious lunch and gifts to thank them for supporting their family members.

“According to the National Alliance for Caregiving and the AARP Public Policy Institute, 43.5 million adults in the United States provided unpaid care to an adult or child in the last year,” said Jim Priest, chief executive officer of Sunbeam. “Sunbeam is proud to come alongside caregivers to provide support and practical solutions to help caregiver’s physical, mental and emotional well-being.”

Sunbeam is committed to helping senior citizens living in Oklahoma, Cleveland, Canadian or Logan counties. Through the Caregiver Fundamentals Program, Sunbeam offers:

* **Caregiver Trainings** - Caregivers have access to experts in a variety of fields through Sunbeam’s educational series. The trainings help caregivers with stress reduction, clear communication, caregiver self-confidence, balanced living and tough decision-making.
* **Counseling** - Caregivers have access to Sunbeam’s counseling services to help cope with life’s challenges or other issues related to caregiving responsibilities. Sunbeam’s counseling staff consists of mental health professionals who provide traditional counseling services based on their professional training, experience and areas of expertise.
* **Grandparents Raising Grandchildren –** This program provides support for grandparents raising their grandchild or grandchildren in the absence of their parents.
* **Resource Assistance -** Assists caregivers in accessing benefits and services available to senior adults in the community.
* **Respite Care –** Occasionally, caregivers need time away from their responsibility as primary caregiver. Sunbeam offers relief so caregivers can have a break for short periods of time.
* **Support Groups -** Sunbeam provides a safe setting for caregivers to connect with other caregivers who understand what they are going through.

Support for the Caregivers Luncheon was also provided by: Caregiver Fundamentals Program, Eastern Oklahoma County Tech Adult Day Services, Friends of Sunbeam, Oklahoma City VA Health Care System and Voluntary Services - Caregiver Support Program.

For more information on Sunbeam’s Caregiver Fundamentals Program, visit sunbeamfamilyservices.org or call 405-609-8923.

Sunbeam helps children, families and seniors learn, grow, heal and thrive. The nonprofit’s mission is to provide people of all ages with help, hope, and the opportunity to succeed through Early Childhood, Foster Care, Counseling and Senior Services. For more information, visit sunbeamfamilyservices.org or call 405-528-7721.

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About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma’s longest serving nonprofits, providing help, hope and the opportunity to succeed to people of all ages and all stages of life in central Oklahoma through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call 405-528-7721, visit sunbeamfamilyservices.org, or follow them on Facebook, Twitter and Instagram.