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CONTACT:

Angie Doss

Chief External Relations Officer

adoss@sunbeamfamilyservices.org

405-609-2311 (o) | 619-347-4057 (c)



Sunbeam Family Services “The Upside” Movie Party for Caregivers

(OKLAHOMA CITY) – Sunbeam Family Services partnered with AMC to treat 50 Sunbeam Caregiver Fundamental program participants to a free viewing of “The Upside,” complete with popcorn and a free drink.

“This movie shines a humorous light on the struggles of 24/7 caregiving,” said Talena Ford, Caregiver Fundamentals program manager. “This joyful movie ties into Sunbeam Caregiver Fundamentals program’s focus on bringing happiness and joy into every situation, which can be extremely challenging. Providing a two-hour escape for our caregivers to laugh in unison about a truly relatable circumstances is one method of self-care.”

The Caregiver Fundamental program provides support groups, assistance and counseling to families caring for loved ones. According to the National Alliance for Caregiving, more than 43 million adults in the United States provide unpaid care to an adult or child in the last year. Additionally, studies show elderly spousal caregivers, aged 66 to 96, who experience caregiving-related stress have a 63 percent higher mortality rate than those of non-caregivers of the same age.

Last year, Sunbeam’s Caregiver Fundamentals program served 2,278 clients and provided 161 educational workshops and support groups to help caregivers. This program creates an environment of support for families providing care to others in their families, including grandparents raising grandchildren. With the goal of encouraging self-care, the program provides support groups, counseling, respite care, training services and resources-referral information.

Sunbeam is proud to partner alongside caregivers to provide support and practical solutions to help caregiver’s physical, mental, and emotional well-being. Up to 4 hours of respite care is available to Oklahomans each week who care for a loved one 60+ and live in Oklahoma, Cleveland, Canadian, or Logan counties. Last fiscal year, Sunbeam’s supportive staff offered respite and relief care to 42 individuals.

The Upside is a movie about Phillip, a wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York penthouse. He decides to hire Dell, a struggling parolee who’s trying to reconnect with his ex and his young son. Despite coming from two different worlds, an unlikely friendship starts to blossom as Dell and Phillip rediscover the joy of living life to the fullest.

For more information, visit sunbeamfamilyservices.org/senior.

Through March 31, Sunbeam is asking the community to join them in “giving hope and restoring dignity” for Oklahoma’s homeless seniors through raising \$65,000 to fund Sunbeam’s Emergency Senior Shelter, the only homeless shelter for seniors in the state. Each year between 90–110 homeless seniors aged 60 and older seek safety in the Emergency Senior Shelter, many of whom are without a family support system and have a limited monthly income. For more information, visit sunbeamfamilyservices.org/dignity or call 405-609-8994.

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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 join the conversation on Facebook, Twitter and Instagram.