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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 Offers Free Cost Saving
Workshop for the Public on July 11**

(OKLAHOMA CITY) – Sunbeam Family Services will present “The Coupon Lady” on July 11 from 10:30 a.m. to 1:30 p.m. at its facility, located at 1100 N.W. 14th St. in Oklahoma City. This free workshop is open to the public and will educate participants on how to shop for little to no cost. Attendees who receive Medicaid and Medicare will also learn about additional benefits that are available.

Sunbeam has promoted quality life for senior adults for more than 40 years. The goal of Sunbeam’s Senior Services program is to encourage independence by helping seniors stay active in their lives, connected to their communities and living in their own homes for as long as possible. One way Sunbeam works toward this goal is through the Caregiver Fundamentals program, which includes the Grandparents Raising Grandchildren and Powerful Tools for Caregivers programs.

Through the Grandparents Raising Grandchildren program, Sunbeam supports Oklahomans age 55 and older who live in Oklahoma, Cleveland, Canadian and Logan counties who find themselves raising grandchildren without the presence of parents in the home. Participants are empowered through support groups, school supply assistance, holiday assistance and additional community resources that Sunbeam connects them with.

Sunbeam’s Powerful Tools for Caregivers is an educational series designed to help caregivers reduce stress, improve self-confidence and communication skills and increase decision making abilities. Sunbeam Family Services is proud to come alongside caregivers to provide support and practical solutions to help caregiver’s physical, mental and emotional well-being.

For more information about Sunbeam’s Senior Services, or to find a support group, call 405-609-6551 or visit www.sunbeamfamilyservices.org/supportgroups for times and locations.

Sunbeam’s mission is to provide 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. Last year, the organization served nearly 15,000 central Oklahomans. For more information call 405-528-7721 or visit sunbeamfamilyservices.org.

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About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma’s longest serving nonprofits and is one of the original United Way of Central Oklahoma Community partners. Sunbeam’s mission is to provide 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.

About The Coupon Lady (Consumer Queen)

The mission of the Consumer Queen is to help consumers save money on the things they buy and then pay it forward to others. Melissa, also known as the Consumer Queen, started her website as a ministry to help moms fight the rising costs of the economy by showing them ways to cut costs through couponing, shopping for sales and frugal tips. Melissa has been featured on the Today Show, Oprah Radio Network, Wall Street Journal, ABCNews.com, Ladies Home Journal and more. To learn more visit www.consumerqueen.com.