

**FOR IMMEDIATE RELEASE**

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[Download Photos](https://www.flickr.com/photos/sunbeamfamilyservices/albums/72157714208140422) from the Event

**Planting the Seeds of Support for Caregivers**

**Through Garden Supplies, Online Support Groups, School Supplies**

(Oklahoma City) - Thanks to generous donations from COX, Wal-Mart and Northcutt’s Nursery, Sunbeam Family Services recently supplied 34 caregivers enrolled in Sunbeam’s Caregiver Fundamentals Program with the tools they needed for gardening during the COVID-19 crisis. This included plants, seeds, dirt and pots.

The Caregiver Fundamentals program serves Oklahomans who provide care to a loved one in Oklahoma, Cleveland, Canadian and Logan Counties. This program creates an environment of support for families providing care to others in their families, including grandparents raising their grandchildren. With the goal of encouraging self-care, the program provides support groups, counseling, respite care, training services, resources-referral information and access to the CareTrak program, which helps loved ones track family members who are prone to wandering.

"In so many ways, Sunbeam lifts us, cradles us and reminds us again and again that caregivers not only matter, but that we are still awake and alive and vital to this world,” said Carolyn Wall, Caregiver Fundamentals participant. “It gives us invaluable group meetings -- time and space to say what we need to, road maps for finding the way to the forgotten centers of ourselves. Thank you, Sunbeam Family Services, for this lifeline. Without you, I'd be lost.”

Caregiver Support Groups will be held Tuesdays and Thursdays at 1 p.m. Caregiver support groups are for all caregivers to share information, insight, advice and encouragement. Groups are an opportunity to learn from caregivers who face similar challenges and allow caregivers to talk about experiences.

Grandparents Raising Grandchildren Support Groups are held Wednesdays and Fridays at 1 p.m. via Zoom. Through the Grandparents Raising Grandchildren program, Sunbeam supports grandparents who are raising grandchildren without the presence of parents in the home. Participants are empowered through support groups and resources like school supply assistance. To participate in this program, grandparents must live in Oklahoma, Cleveland, Canadian or Logan county.

Sunbeam is also offering back to school supply support for grandparents who are raising their grandchildren. Applications are due on May 31, 2020. In collaboration with local law enforcement, Sunbeam provides pre-qualified grandparents with backpacks filled with grade-specific school supplies for their grandchildren, helping to eliminate the financial burden of back to school expenses and ensuring their grandchildren are prepared for the upcoming school year.

For more information about the Caregiver Fundamentals Program, including back to school supply support, visit SunbeamFamilyServices.org/cfp, email [tford@sunbeamfamilyservices.org](mailto:tford@sunbeamfamilyservices.org) or call 405-609-6551.

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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 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 Grandparents Raising Grandchildren  
 The Grandparents Raising Grandchildren Program, a program of Sunbeam’s Caregiver Fundamentals Program, makes no distinctions on the grounds of race, color, gender, age, ancestry, national origin, religion, or disability. A portion of the project costs are met by state and federal OAA funds from Areawide Aging Agency and OKDHS Aging Services Division. There are no costs to participants; however, donations are accepted. Suggested donation per services: Information Services, $1/activity; Access Assistance, $1/activity; Support Group, $2.50/meeting; Respite, $2.50/visit; School Supplies, $5/family; and Training Seminars, $5/seminar.