

[Download Sunbeam’s New Logo](https://sunbeamfamilyservices.org/wp-content/uploads/2020/10/SFS-PrimaryLogo-CMYK.png)

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# **Self-Care is Crucial to Care Givers and Care Receivers**

## ***Sunbeam’s Senior Engagement Program Supports Oklahomans***

(OKLAHOMA CITY) – Through Sunbeam Family Services’ Senior Engagement Program, caregivers are able to receive the support they need as they care for a loved one.

“Are you, or someone you know, taking care of a loved one?” said Talena Ford, senior engagement program manager at Sunbeam. “Are you feeling overwhelmed? Do you feel like you have the support you need? Caregivers and care receivers need breaks! It’s important to take care of your health and well-being before you can take care of your loved one’s health and well-being.”

Sunbeam's respite services open to family members or other informal caregivers, age 18 and older who provide care to individuals age 60 and older. This program is also open to caregivers age 18 and older providing care to individuals of any age with Alzheimer’s disease and related disorders. To participate in this program, clients must live in Canadian, Cleveland, Logan or Oklahoma Counties.

“Through our respite services qualified staff will come to your home and provide non-medical care for your loved one,” said Ford. “This supports caregivers like you by giving you the peace of mind that your loved one is safe, while also indulging in the self-care you deserve. The possibilities are endless! Relax, spend time with friends, and engage in activities that make you feel energized.”

This donation-based respite services are made possible thanks to the generous support from Areawide Aging Agency.

To learn more about this program visit 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. The nonprofit helps children, families and seniors learn, grow and thrive. To learn more, call (405) 528-7721, visit sunbeamfamilyservices.org, or join the conversation on Facebook, Twitter and Instagram.

About Sunbeam’s Respite Caregiver Program

Provided by Sunbeam Family Services through a Title III Older Americans Act Grant from Areawide Aging Agency and community partners. The Caregiver Fundamentals Project makes no distinction 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 Older Americans Act funds from Areawide Aging Agency and the Oklahoma Department of Human Services Aging Services Division. There are no costs to participants; however, donations are accepted. Suggested donation per service: Information Services, $1/activity; Access Assistance, $1/activity; Support Group, $2.50/meeting; Respite, $2.50/visit; School Supplies, $5/family; and Training Seminar, $5/seminar.