

The Caregiver's Advocate

September 2014

RCI holds free workshops: Caring for You, Caring for Me

The Rosalynn Carter Institute for Caregiving (RCI) is currently hosting free workshops for family and professional caregivers. RCI plans on hosting two workshops per year for the local community.

Dr. David Haigler and assisted by Elaine Larkin are leading the sessions of the workshops .

Workshop sessions have been well attended.

The goals are for attendees to have the opportunity to:

- Gain information on various topics related to caregiving
- Learn ways of coping with the stresses and strains of being a caregiver
- Learn what resources are available locally, regionally and nationally
- Discover ways of working together to reduce frustra-

tions and barriers in the caregiving experience

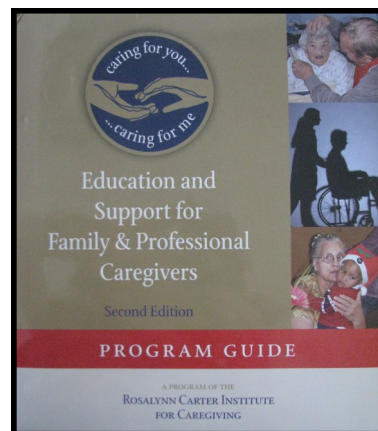
The Caring for You, Caring for Me workshops has been widely recognized for excellence. The Caring for You, Caring for Me was cited for the 2013 Virginia Commonwealth Best Practices award.

Additionally, when the New Jersey Department of Health and Senior Services conducted the program on an extensive basis, an evaluative study was conducted by the Center for State Health Policy at Rutgers University producing the following results.

"By every indicator, the course was highly valued by participants. Furthermore, course participation appears to be associated with increased confidence in knowledge about caregiving and a decreased sense of isolation." *

*Silberberg, M. (2002). Evaluation of New Jersey's "Caring for You, Caring for Me" course. New Brunswick, NJ: State University of New Jersey, Center for State Health Policy.

For more information or to sign up for the next workshop call Elaine Larkin at 229-931-2786 or email her at: Elaine.Larkin@gsu.edu.



Georgia CARE-NET Coalition Newsletter is a publication sponsored by the
Rosalynn Carter Institute for Caregiving .

"The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014



**Message from the
Executive Director
Dr. Leisa Easom
Rosalynn Carter Institute
for Caregiving**

Preventing Memory Loss

It is normal to experience some memory loss as we age. Research shows that we can take steps to slow down and perhaps even delay some types of memory loss. Here are some ideas you can do to help keep your brain as sharp as possible.

Keep your brain active by challenging yourself to learn new skills and to do mental activities that you already enjoy. Brain teasers will help keep the brain cells geared up to store and retrieve information more easily.

You can play board games or card games, do crossword or jigsaw puzzles. Read about topics that interest you in magazines, newspapers and books. Perhaps you have a craft you already enjoy or perhaps you want to learn new skills such as knitting, painting/drawing or woodworking.

Physical exercise is also good for your body and your brain. Staying active helps reduce many of the risks associated with aging, such as heart attack, stroke and diabetes which may contribute to memory loss. Always remember to stretch your muscles first before during any type of exercise. You can then walk, swim or dance, park a little further from the stores, take the stairs or take a bike ride. As we age, we may slow down; however, it is still important to stay active.

Your diet is also an important factor to your body and your brain. Eating plenty of fruits and vegetables (especially green leafy ones) help with protecting your brain cells. Reduce your intake of fatty foods, as these have been linked to a higher risk of memory loss. Keeping your weight in a healthy range can also assist in lowering the risk of dementia later in life. And always drink plenty of water. Dehydration has been linked with mental confusion.

It is important to stay social with your friends and family. Continuing with church activities, working and volunteering can all help with your memory. Be sure to speak to someone every-

day. You can also take a class or join a club, such as a book or quilting club.

Be sure you communicate with your health care provider before you change your exercise routine. Talk to your health care provider if you have concerns about memory loss. Some medications can cause memory loss and confusion. Your health care provider can assess your medications.

To get you started with a brain activity here is a Find a Word Puzzle (the answers are on page 4).

Autumn words

L O N G E R N I G H T S N A A U C N
T O R U E S T U N Y R O K C I H R I
M S O A Y Q E N I S I A O T R W O K
R C Y H N E U V S T E R F H E O P P
C E A A C G K I A S N O A A B R S M
K N D N D S E R N E D S R N M C O U
S C Y L N R G L U O L P M K E E C P
Q R A K E I E R E T X G I S V R T S
U Y D T M A N T S A E F N G O A O E
A D Y D S I V G R T V S G I N C B P
S N R N G Y W E H O E E N V W S E T
H I E L P P A E S P H A S I V O R E
B W T Y L L I H C T E S P N R F L M
F T S E V R A H Y E L O I G C R E B
A A U H A L L O W E E N E F I O S E
A F L S E V A E L W O L L E Y S L R
L O B L W E C H E S T N U T S T R D

ACORN	EQUINOX	NOVEMBER	SEPTEMBER
APPLE	FALL	OCTOBER	SHORTER DAYS
BIRD MIGRATION	FARMING	ORANGE	SQUASH
BLOWING	FEAST	LEAVES	SWEET POTATOES
LEAVES	FROST	PIE	THANKSGIVING
BLUSTERY DAY	HALLOWEEN	PUMPKIN	TURKEY
CANNING	HARVEST	RAKE	WINDY
CHESTNUTS	HAYSTACK	RED LEAVES	YELLOW LEAVES
CHILLY	HICKORY NUTS	SCARECROW	
COLD	LONGER NIGHTS	SCHOOL	
CROPS		SEASON	

**Georgia CARE-NET Coalition Newsletter is a publication sponsored by the
Rosalynn Carter Institute for Caregiving .**

“The Advocate” is designed to support and promote the work of Georgia’s 12 CARE-NET s.

The Caregiver's Advocate

September 2014



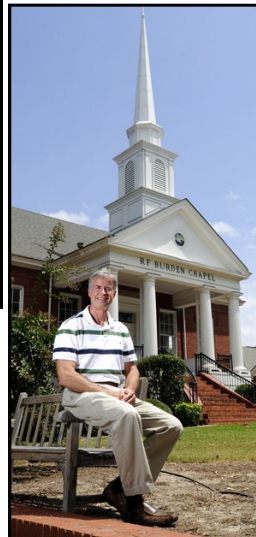
Central Savannah River Area CARE-NET making plans for future events. We can't wait to see what they have in the works.



On July 22nd, the Southwest GA CARE-NET had David Marlowe, from the Alzheimer's Association as their speaker. His topic was How to Access Services offered by the Alzheimer's Association..



Pictured above is Mary Whitfield at the Middle Georgia CARE-NET booth at the General Electric Health Fair recently held in Macon. Pictured right is Leesa Rickman, CARE-NET Coordinator for Middle GA with Daryl Hayes, Local Affinity Leader with People with Disabilities.



Jim Waters, from the Methodist Home for Children is a member of CARE-NET in Middle Georgia. Waters was recently interviewed by the Macon Telegraph. Here is one of the questions he was asked:

Q: What is your involvement with Middle Georgia CARE-NET, an organization that empowers and encourages the caregivers for people with debilitating medical and mental disabilities?

I have been involved on the board of the Middle Georgia CARE-NET for several years now. Many times caregivers are isolated, feel lonely, are exhausted and without hope. We try to reach out to these folks to let them know that they are not alone and that there are a multitude of resources available to help. CARE-NET strives to stay abreast of resources that are available to caregivers and to make that knowledge known to the people that need it most. CARE-NET facilitates seminars and "care fairs" that bring caregivers and various resources together to share. To read the entire story, click on this link: www.macon.com/2014/08/22/3262903_methodist-home-mainstay-shares.html?rh=1#storylink=cpy

Georgia CARE-NET Coalition Newsletter is a publication sponsored by the Rosalynn Carter Institute for Caregiving. "The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014



September 11, 2014 Southwest GA CARE-NET gather together with some local caregivers. This CARE-NET meets bi-monthly. If you live in this area and are interested in joining, call Ada Brown at 229-432-1124.

River Valley Regional Commission's Annual Report for 2013-2014 mentioned how the CARE-NET in that area is growing. For more information Contact Linda Harris at 706-256-2910.

RCI was sad to hear that Arnelle Reeves formerly CARE-NET Coordinator for Middle GA passed away on September 13, 2014. Please keep her family in your thoughts and prayers.

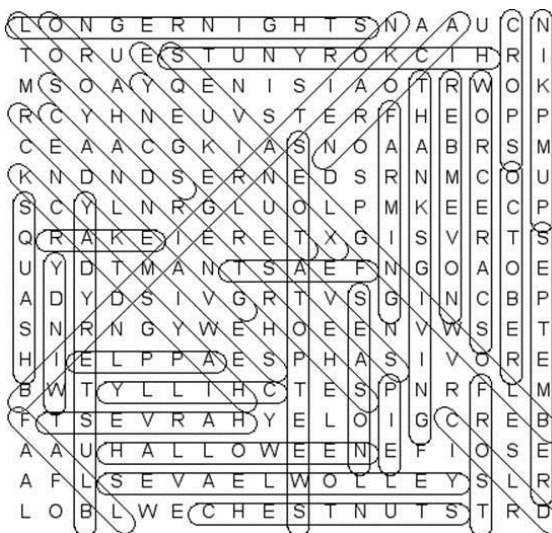


The 2014 State of Georgia Caregivers of the Year have been chosen. The Rosalynn Carter Institute can't wait to share their stories with you at The Gala on October 23, 2014. Former First Lady Rosalynn Carter will be present to give them their rewards!



West Central Georgia CARE-NET met for the second time this quarter.

**Answers for
Autumn Find a
Word from
page 2**



Elaine Larkin, Training and CARE-NET Coordinator for RCI standing in a replica of the Oval Office during President Carter's term. Larkin and a friend were given a tour of the Carter Library the day before the RCI board meeting in September. When Larkin was asked what was her favorite part, she replied "Everything about Mrs. Carter."

Georgia CARE-NET Coalition Newsletter is a publication sponsored by the Rosalynn Carter Institute for Caregiving. "The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014



On September 9, 2014 the CARE-NET Coalition met at the Methodist Children's Home in Macon, GA. First Elaine Larkin, Training Coordinator with RCI welcomed everyone. Next Maureen Kelly, Business and Community Liaison from the Atlanta Regional Commission began her presentation titled "Advocacy—Engagement for the Greater Good." Kelly shared about the importance of contacting our local and state politicians to let our voices be heard on senior issues. More people are aging, yet many benefits for seniors are being cut. With time remaining before lunch, Larkin shared what RCI about RCI activities in the last few months.

After lunch, but before the next speaker, Larkin shared with the group song/video that had just been shared with her that day. The song is "Overcomer" and it is sung by Mandisa, here is the link to some powerful words and images: <https://www.youtube.com/watch?v=b8VoUYtx0kw>.

Cameron Bishop, LCSW Regional Director of Americus and Macon from the Methodist Children's Home gave a very informative presentation titled "Creating a Sanctuary at the Methodist Home". The group had quite a number of questions about the children before, during, and after their stay at the home.

The next CARE-NET Coalition meeting is scheduled for December 9th.

Georgia CARE-NET Coalition Newsletter is a publication sponsored by the Rosalynn Carter Institute for Caregiving .
"The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014

2014 RCI National Summit & Training Institute

Each fall, the Rosalynn Carter Institute for Caregiving hosts its National Summit & Training Institute – an opportunity for professional and family caregivers to come together and learn from one another. With an estimated 29 percent of the U.S. population caring for someone who is disabled, ill, or aging, supporting our nation's caregivers has never been more important. The Summit offers an opportunity for caregivers to share best practices, network, and learn more about changes taking place in the caregiving field.



Join us this October when Army Ranger Sgt. 1st Class Cory Remsburg, first introduced to the American public during the 2014 State of the Union

Address, and his family share their story of military caregiving. We are also honored that United States Army Colonel Steve Parker, the Executive Director of Joining Forces, will join us to describe how the White House is committed to mobilizing communities and supporting military families.

Agencies from across the country who have successfully implemented evidence-based caregiving programs to support Alzheimer's caregivers and military caregivers will share their outcomes. Testimonials from those who participated in these programs will also be featured.

Government and private sector partners will conclude the summit with policy and advocacy updates on the

progress of the RCI's 2012 Recommendations for Averting the Caregiving Crisis. Strategies for taking effective caregiver support programs to scale will be part of this discussion. Registration for the Friday Summit is \$75*.

Thursday evening will be a time of formally recognizing our unsung caregiving heroes, with former First Lady Rosalynn Carter making the 2014 Georgia Caregiver of the Year and Rosalynn Carter Leadership in Caregiving Award presentations at the annual Gala Awards Banquet. Gala tickets are \$25* each.

There will be a special pre-summit RCI REACH Training and Certification Class on Thursday, October 23. Cost is \$1,250* per attendee and includes all materials. For additional information, click [HERE](#).

You are in for a real treat with Thursday's free pre-summit workshop offerings for caregivers. Betsy Arnold, daughter of legendary Arkansas Razorbacks coach Frank Broyles, and co-author with him of the Coach Broyles' Playbook For Alzheimer's Caregivers, will present "Caregiver Tips and Strategies". Her daughter Molly Arnold Gay serves as Director of the [Frank & Barbara Broyles Foundation](#); she will present "Caregiving from the 3rd Generation". More about these work shops on page 5.

There will also be a free pre-summit reception Wednesday night at the historic Lee Council House located at 318 E. Church Street in Americus, Georgia. Reservations are required.

All attendees are welcome to stay and enjoy a free movie screening Friday night at the Rylander Theatre. Originally built in 1921, the theatre underwent an extensive restoration and has reclaimed its title as "The Finest Playhouse South of Atlanta".

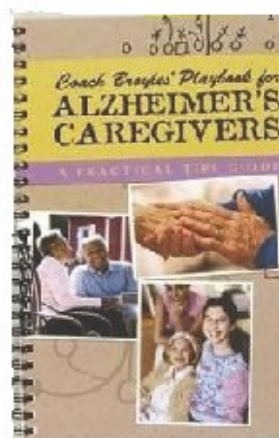
Georgia CARE-NET Coalition Newsletter is a publication sponsored by the Rosalynn Carter Institute for Caregiving .

"The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014

OCT
23



FREE CAREGIVER WORKSHOPS STUDENT SUCCESS CENTER GEORGIA SOUTHWESTERN STATE UNIVERSITY

SPONSORED BY:



Mattie H. Marshall Foundation

Johnson & Johnson

The Rosalynn Carter Institute for Caregiving is bringing Betsy Arnold & Molly Arnold Gay, daughter & granddaughter of legendary Arkansas Razorbacks coach Frank Broyles, to Americus to present "Caregiver Tips and Strategies" and "Caregiving from the 3rd Generation". These workshops will take place from 9-11 am, repeating from 1-3 pm so you can participate in both; registration is required and includes a free box lunch.

To register call Kelly Turman at (229) 931-4545

Georgia CARE-NET Coalition Newsletter is a publication sponsored by the Rosalynn Carter Institute for Caregiving .

"The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014



On September 18, 2014 the RCI advisory board met at the Carter Center in Atlanta, Georgia for their semi-annual meeting. After breakfast the meeting began with a welcome from board co-chair, Kathy Cade followed by a few words from Former First Lady Rosalynn Carter and Executive Director, Dr. Leisa Easom. After the approval of the last meeting's minutes, President of Georgia Southwestern State University, Dr. Kendall Blanchard gave his report on the university. Next, Dr. Leisa Easom gave the business report for the Institute. At this time the group broke up into their committees and worked on previously chosen topics, what had been accomplished and future activities.

Mrs. Carter closed the meeting with kind words of appreciation for the board members and the staff at RCI.

Pictured above are: Annette Carter, Laura Bauer (Staff), Dr. Leisa Easom (Staff), Former First Lady Rosalynn Carter, Kathy Cade, Abe Wandersman, Dr. May Wykle, Ellen Hartman, Alice Argo. Second row: Dr. Wallace Mayes, Paula Williams, Dr. Everett Byrd, Beth Ragan, Dr. Thomas Updike, Elaine Larkin (Staff). Third row: Dr. Donald Lollar, Dr. Raymond Lorion, Dr. Kendall Blanchard, Dr. John Gates and Dr. Brian Adler.

The next meeting will be held on Friday, April 24, 2015 in Americus, GA

Georgia CARE-NET Coalition Newsletter is a publication sponsored by the Rosalynn Carter Institute for Caregiving .

"The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014



Operation Family Caregiver Support team from Compeer, NY. Left to Right: Dan Ratka, Barb Tompkins, Tina Caviness, Laura Bauer (RCI), Kenny Williams



Operation Family Caregiver Team from Conemaugh Memorial Medical Center in Johnstown, PA



Congratulations to the BRI Care Consultation team at Aging & In-Home Services of Northeast Indiana! The Greater Fort Wayne Business Weekly honored Chris Forcucci, Senior Vice President of Integrated Services and Research, Maureen Widner, Vice President of Consumer and Community Engagement, Beth Evans, Family Caregiver Specialist, and Sylvia Wade, BRI Care Consultant with their 2014 Health Care Award. This award honors the best health care professionals in northeast Indiana. Dr. Forcucci and her staff support Caregivers in their region with the evidence based telephonic model of service, BRI Care Consultation. Training, coaching support, and ongoing technical assistance is provided by the Rosalynn Carter Institute for Caregiving and the program developer, Benjamin Rose Institute on Aging.

Chris Forcucci, and Maureen Widner accepting the Greater Fort Wayne 2014 Health Care Award.

Widner and Forcucci with Beth Evans and Sylvia Wade at the BRI Care Consultation Award Ceremony.



Cindy Holloway with the RCI, and Branka Primetica with the Benjamin Rose Institute on Aging collaborated in a joint promotion of the two Institutes' evidence-based caregiver support programs at the 2014 Home and Community Based Services Conference in Washington DC, September 16th-17th. Featured was BRI Care Consultation, a telephonic Caregiver and Care Receiver support program.

Georgia CARE-NET Coalition Newsletter is a publication sponsored by the Rosalynn Carter Institute for Caregiving .

"The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014

Rosalynn Carter Institute recognizes 2014 Pope Fellows

On September 10, 2014 The Rosalynn Carter Institute for Caregiving (RCI) at Georgia Southwestern State University (GSW) honored its 2014-15 Pope Fellowship award-ees at a reception.



"The reception honoring the Pope Fellows of RCI has become an annual event, and I personally look forward to seeing the returning fellows, as well as the new ones," said Betty Pope, Pope Fellowship benefactor. "I congratulate them and hope they become the best they can be in their caregiving field, whether it be teaching, nursing, pre-med, counseling or ministry. The only action I request is that someday they, in turn, help and encourage another person to get his or her education. Dr. Easom and staff at RCI are superb instructors and a valuable resource."

The Pope Fellowship/Scholarship Program was established in 1996 through an endowment from John and Betty Pope of Americus to promote a better understanding of the importance of professional and family caregiving. The RCI screens applicants, then grants and administers these fellowships and scholarships. Since 1996, 218 students have been awarded over \$882,000 in support. Pope addressed the group at the reception, along with President Dr. Kendall Blanchard, and RCI Executive Director Leisa Easom, Ph.D.

The 2014 – 15 recipients are Miriam Rodriquez, a nursing major from Perry; William Ellerbee, a biology/pre-med major from Thomaston; Sally Anne Russell, a nursing major from Americus; Aryn Beall, a nursing major from Midland; Jonathan Cannon, a Nursing major from Statham; Anna Hall, a Psychology major from Buena Vista; Rachel Medlin, a Exercise Science and Wellness major from Cordele; Jasmin Taylor, a Early Childhood Education major from Oglethorpe; Melissa Waters a Early Childhood education major from Ellaville; Lillian Dent, a Chemistry major from Fitzgerald; Sa-

vannah Fonda, a Physical Therapy major from Snellville, and Madison Sauls, a Nursing major from Albany.

"This will be an exciting year for these students as they learn about caregivers in general, the need to support and sustain the family caregiver in their valuable role, and about evidence-based support programs for caregivers," said Easom. "Through the fellowships and scholarships so generously provided by the Pope family to the Rosalynn Carter Institute for Caregiving of Georgia Southwestern State University, we can inform and educate these students who will go forward in their chosen career paths to make change for the future."

The Pope Fellowships provide financial support for outstanding individuals enrolled in the Caregiver Issues and management Certificate Program at GSW. The goal of the Pope Fellowship program is to cultivate leaders in the caregiving field.

GSW's certificate program is the only one of its kind in the state and represents a unique commitment of Georgia Southwestern to prepare leaders in the field of caregiving. This program includes 18 credits taken while pursuing a bachelor's degree or as a stand alone certificate.

For more information about this program, please call (229) 928-1234.



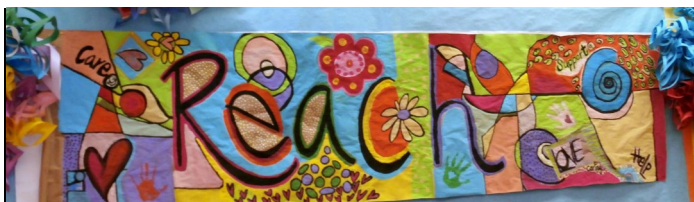
Pictures left to right: Anna Hall, Miriam Rodriquez, Rachel Medlin, Dr. Leisa Easom, Executive Director, RCI, Sally Anne Russell, Christina Beall, Mrs. Betty Pope, Will Ellerbee, Madison Sauls, Jasmin Taylor, Savannah Fonda, Lillian Dent, Jonathan Cannon, Melissa Waters.

**Georgia CARE-NET Coalition Newsletter is a publication sponsored by the
Rosalynn Carter Institute for Caregiving .**

"The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014



October 23, 2014

2014 RCI National Summit & Training Institute

Special Pre-Summit RCI REACH Training & Certification Class

Rosalynn Carter Institute for Caregiving

Approved for reimbursement by the Administration on Community Living, bring this evidence-based program that supports Alzheimer caregivers to your community!

Training/certification consists of:

- 3 hours online instructional modules to be completed prior to class
- 7 hours classroom interactive instruction
- 1.5 hour demonstration of skills via Skype within 2 weeks of classroom training

Cost: \$1,250 per attendee includes all materials; trainees responsible for their own travel, lodging and meals

For more information or to register, contact **Gayle Alston** at **229-931-2707** or via email:

Gayle.Alston@gsw.edu



Elaine Larkin, Training and CARE-NET Coordinator at RCI booth at the recent Senior Expo in Americus, GA

Five Habits of Smart Drivers

Maintaining a healthy mental and physical state is critical to all aspects of our lives, says Julie E. Lee, Vice President and National Director of AARP Driver Safety in the Education and Outreach group at AARP. The same is true for our driving ability.

Luckily, there are five easy habits all drivers can incorporate into their daily routines to help stay sharp behind the wheel. Check out the tips below.

Exercise your brain. Daily brain training and variety can help drivers maintain crucial skills like reaction time, problem solving and memory. A study funded by the National Institute of Health recently found that people who had cognitive training for memory, reasoning or speed of processing had 50 percent fewer car accidents than those in the control group.

Exercise your body. The Hartford Center for Mature Market Excellence and MIT AgeLab have found that daily exercise helps improve driving-related activities like turning your head and body to look when backing up and getting in and out of the car.

Monitor drug interactions. Medications can interact with each other and the more medications we take, the more likely this becomes. Some of these interactions may influence our driving. Always consult with your doctor about any medical concerns.

Know the latest rules of the road. Traffic laws are constantly changing and vary by state. You may consider taking the AARP Smart Driver Course—AARP Driver Safety's flagship offering and the nation's first and largest refresher course designed specifically for older drivers. The AARP Smart Driver Course is available in a classroom and online, in both English and Spanish. In Georgia, you are eligible for a multi-year insurance discount upon completion of the classroom course. Please consult with your insurance agent directly to see if a discount is available for completing the on-line course.

Get a good night's sleep. Getting enough rest is a key part of a healthy lifestyle. When you are tired your reaction time slows down, your judgment and vision may not be as sharp, your attention may wander, and you may have problems with processing information.

To find more free and fun resources on staying sharp behind the wheel, check out AARP Driver Safety's [Driving Resource Center](#). For more information or to find a Smart Driver Course near you, visit www.aarp.org/safedriving or call 1-888-227-7669.



Georgia CARE-NET Coalition Newsletter is a publication sponsored by the Rosalynn Carter Institute for Caregiving .

"The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.

The Caregiver's Advocate

September 2014

CARE-NET Calendar

Meeting dates fourth quarter 2014:

Atlanta Regional	10/15
Central Savannah	10/22, event 11/18
Coastal Georgia	event 10/21
Heart of Georgia	TBA
Legacy Link	TBA
Middle Georgia	10/16, event 11/13, 11/20
Northeast Georgia	event 11/11
Three Rivers	TBA
Southeast Georgia	TBA
Southwest Georgia	event 11/14
West Central Georgia	12/16

For additional information you may contact the CARE-NET Coordinator for each region. Their contact information can be found at:

http://www.rosalynncarter.org/georgia_carenets/

November is National Caregiver Month

2014 Coalition Meeting Schedule

All Meetings will be held at the:

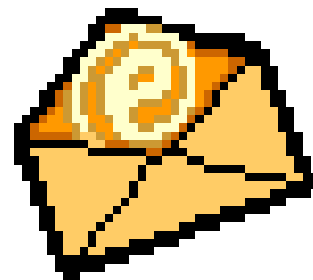
Methodist Children's Home

Macon, GA

10:00 AM—2:00 PM

December 9, 2014

Do you know someone that would like to receive this newsletter, if so, please share it. Did a friend send you this newsletter? Would you like to be sure you continue to receive it, then sign-up by sending an email to: Elaine.larkin@gsw.edu to receive future editions.



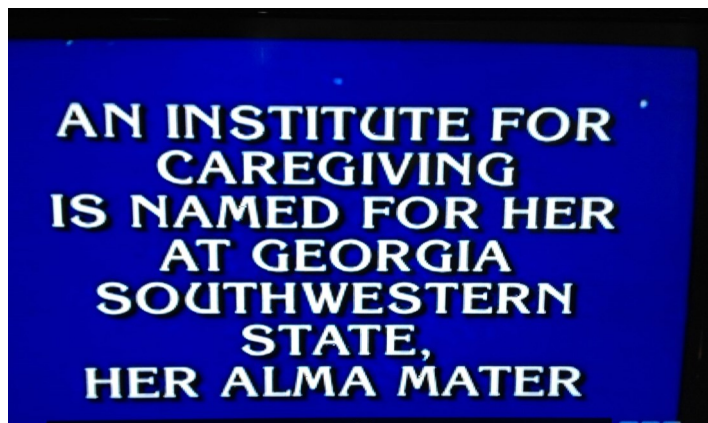
Georgia CARE-NET Coalition Newsletter is a publication sponsored by the
Rosalynn Carter Institute for Caregiving .

“The Advocate” is designed to support and promote the work of Georgia’s 12 CARE-NET s.

The Caregiver's Advocate

September 2014

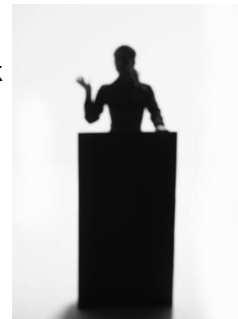
As seen on Jeopardy!



Who is.....Former First Lady, Rosalynn Carter?

Speakers Bureau

Do you need someone to speak to your group? The Rosalynn Carter Institute has professionals in the area of Caregiving and Alzheimer's care who can speak to your church and/or social groups in the communities we serve. Call 229-928-1234 to start a conversation on how RCI can help. Our goal is to help individuals care for loved ones by sharing our expertise. Presentations can be based on your specific needs in Caregiving.



YES! I want to make a tax-deductible contribution to The Rosalynn Carter Institute . Tax ID 58-1386358

Enclosed is my donation of \$_____.

Name _____

Address _____

City/State/Zip _____

Phone (work) _____ (home) _____

I am making this gift in ☐ memory of ☐ honor of

Name _____

Address _____

Please make check payable to the Rosalynn Carter Institute and send to: 800 Georgia Southwestern State University Drive, Americus, GA 31709. **You may also contribute online by visiting www.rosalynncarter.org.**

This gift is to be used as follows: (check one below)

Endowment Funds ☐

CARE-NET ☐

Education and Training ☐

Undesignated Funds . ☐

Development ☐

Georgia CARE-NET Coalition Newsletter is a publication sponsored by the Rosalynn Carter Institute for Caregiving .

"The Advocate" is designed to support and promote the work of Georgia's 12 CARE-NET s.