

# Filling The Gaps Till You're Fine Again

Seniors Can Reduce Stress Before The Need For Temporary Assistance Arises

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About  
Belinda  
Sanders

Belinda has given care to loved ones in their homes, interviewed and hired various care providers, transitioned care recipients to rehab facilities for increased care levels, transitioned and oriented recipients to their new surroundings, and followed their long-term care. In fact, she's been through enough caregiving for 5 people.

Belinda is a family caregiver and a local businesswoman. At the kitchen table making sure an almost 90-year-old was safe in her home, Belinda built the foundation of her marketing & writing business to give service professionals exposure when they don't have the time or know-how.

Get more info from Belinda at [www.BelindaSandersConsulting.com](http://www.BelindaSandersConsulting.com)

Learn how you and your family can consistently grab the attention of your medical team and 3 critical stressors that you can eliminate:

1. Preparation
2. Communication
3. Preservation

When you need temporary assistance to help you during:

- Illness
- Treatments
- Surgery
- Aging

...it will probably be during a situation Belinda calls *crisis care*. While things are going well, there are steps you can take to reduce stress and prepare for the occasions when you may be a temporary care recipient.

**Join Us**

**Cypress Senior Center**  
9031 Grindlay Street  
Cypress, CA 90630  
South of Lincoln Between Walker & Moody

*Come early for a tour!*