



FOR IMMEDIATE RELEASE
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FAMILY CAREGIVERS TO GET A NIGHT OFF FROM LOOKING AFTER OTHERS TO ENJOY A FREE EVENING OF INSPARATION, LAUGHTER AND ENTERTAINMENT AT CABOTO CENTRE MONDAY MARCH 31ST
A benefit for the Heart and Stroke Foundation to promote Province's Caregiver Recognition Day

Comforts of Home – Care is presenting a FREE evening of fun and inspiration for family caregivers on Monday, March 31, 2013 from 7:00 p.m. to 9:00 p.m. at the Caboto Centre, 1055 Wilkes Avenue in Winnipeg. Doors open at 6:00 p.m.

Celebrating Family Caregivers! Inspiration and More will support and promote Manitoba's official Caregiver Recognition Day, held annually the first Tuesday in April in Manitoba. The night of entertainment and inspiring stories will benefit the Heart and Stroke Foundation.

According to the most recent Statistics Canada findings, one-third of Manitobans are caregivers, which is much higher than the national average of 28%.

"Caregiving is not an easy task. I continue to be a caregiver to my mother who survived a brutal home invasion in 2007 that made national headlines," said Katherine Peters, Comforts of Home – Care founder. "I also understand that caregiving is a labour of love and dedication which is why I am so committed to giving Winnipeg's caregivers a free night off."

According to Stats Canada, caregivers of children or spouses were also more likely to sustain an injury while providing care. Half have experienced financial difficulties and say they would like more help. Many reported symptoms of psychological distress such as depression, feelings of isolation and disturbed sleep. Despite it all, 90% of caregivers still felt that the experience of providing care was rewarding. 70% said their relationship with their care receiver had strengthened over the previous year.

The Heart and Stroke Foundation in Manitoba is pleased to support *Celebrating Family Caregivers! Inspiration and More*. As part of its mission to promote recovery, the Heart and Stroke Foundation works hard to make a difference in the quality of life for survivors, families and caregivers as well as reduce the risk of further health problems.

Featured entertainers at *Celebrating Family Caregivers! Inspiration and More* will be:

Fred Penner: With close to 30% of Canadians being in the "sandwich" generation, looking after their kids and aging parents, it seems appropriate that the family entertainer known for songs like the "Sandwich Song" will be sharing his personal story of helping care for a sibling with Down Syndrome.

Zofia Dove: The international speaker's poetry book, "Unexpected Gifts", was inspired by her elderly and dying patients. Her work is described as universal, healing, and hope-giving. Combining her unique life experiences with the many lessons learned during her 24 years in healthcare, she passionately presents a message that resonates with caregivers everywhere.

Laurie Mustard: Ever the consummate and entertaining storyteller, the actor and newspaper columnist will have you laughing and crying. Having been a caregiver to ailing parents with dementia-related illnesses, Laurie understands the challenges family caregivers face daily. He will be working hard to make sure the audience enjoys their night off from caregiving duties.

Orlan Ukrainian Folk Ensemble will perform. Come early to enter for door prizes, enjoy lifestyle perks and enter to win a pair of box seats to see Heart at the MTS Centre on June 22nd. All guests will receive caregiver pins with ribbons to wear and share in support of Manitoba's official Caregiver Recognition Day.

Award-winning speaker and CJOB radio host of "Your Life Unlimited", **Stephanie Staples**, is a sponsor of *Celebrating Family Caregivers: Inspiration And More* and will be the emcee. Family caregivers at the event can take advantage of Stephanie Staples' motivational expertise as well as the advice of other event sponsors.

Brematson and Associates are sponsors. These advocates represent the vulnerable and disabled by liaising with the medical community, and providing assistance with applications and appeals. Over the last decade they have recovered millions of dollars in tax credits and benefits for thousands of Canadians with disabilities.

Chimuk Landry Private Wealth - Investors Group Financial Services Inc. is also an event sponsor. With more than 50 years of value-based, combined experience in building wealth, their holistic approach and long-term, deep relationships with the families they have served has put them at the nucleus in helping families deal with many life-altering events and to protect the loved ones who depend upon them.

"I am proud to live in the only province in Canada that recognizes unpaid family caregivers with an official, legislated day in their honour," said Katherine Peters of Comforts of Home - Care. "Our organizing group of concerned Manitobans want to help raise recognition for how important it is to value the many thousands of Manitobans who each and every day balance life and work commitments with helping and caring for others."

Comforts of Home – Care, the event presenter, is a Manitoba-owned-and-operated company that provides compassionate care for seniors to help them stay in their homes for as long as possible and provides family caregivers with much needed support and peace of mind.

Family caregivers can register for the FREE event at www.comfortsofhomecare.ca or call 204-949-3234. If elderly loved ones cannot be left alone and someone is needed to care for them while caregivers attend this event, Comforts of Home – Care is happy to provide a caregiver in your home for the evening at 40% off the regular rate.