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Contact: Sharla Feldscher Public Relations  
Sharla Feldscher, 215-627-0801, #101, [Sharla@sf-pr.com](mailto:Sharla@sf-pr.com)  
Hope Horwitz, 215-627-0801, #102, [hope@sf-pr.com](mailto:hope@sf-pr.com)



**Caregiver One on One – First in a Series of Events...**

## **FAMILY CAREGIVERS LEARN IMPORTANT TOOLS TO MANAGE STRESS AT POET'S WALK ROUND ROCK**

Round Rock, Texas (April 11, 2016) – Family Caregivers will learn invaluable tools to manage their stress in the first of a series of seminars hosted by Poet's Walk, a Spring Hills Memory Care Community opening at 4050 Sunrise Road in Round Rock at the end of May 2016. *Managing Caregiver Stress*, part of the Caregiver One on One series, will be held on Wednesday, April 27, 2016 from 6 p.m. to 8 p.m. at the Saltgrass Steakhouse located at 2300 N IH 35 in Round Rock. The event is free to attend and there are only 25 seats available. Reservations can be made by contacting Tatiana Gula at [tgula@spring-hills.net](mailto:tgula@spring-hills.net) or calling (512) 255-6009.

All of the managers at Poet's Walk Round Rock will lead this event, giving attendees a chance to ask questions of each department that provides cares. "A family caregiver spends all of their energy taking care of their loved one and very little taking care of themselves," says Amber Turner, Regional Executive Director of Poet's Walk, A Spring Hills Memory Care Community. "A family caregiver typically gets sick before others in their family for this reason and we'd love to help stop that from happening."

The seminar will include many tools and tips including how to recognize the signs of family caregiver burnout, helpful tips to manage the burnout like accepting help from a family member and spending time socializing with friends, and much more. Turner continues by saying, "we'd love to be able to give a mother/daughter (for example) that relationship back. When Poet's Walk cares for a loved one, a daughter can simply be a daughter. This is an invaluable relationship that most don't realize disappears as a daughter becomes a family caregiver."

Upcoming seminars in this Caregiver One on One series include *Safety at Home* in May and *When Home is No Longer an Option* in June.

Poet's Walk has been developed to provide comprehensive Alzheimer's and dementia care in a beautiful, luxurious setting. Poet's Walk Round Rock will provide flexible care programs that combine the structure and stability of a routine with independence and autonomy for a healthy lifestyle. The Poet's Walk staff works diligently to create an Individualized Service Plan for each of their residents. The Spring Cottage Memory Care Environment, a nationwide program for Spring Hills Senior Communities, is distinctively designed for persons in all stages of Alzheimer's disease and Dementia. Spring Hills Senior Communities' holistic approach to senior living through their Signature Touch programs, engages the mind, body, and spirit of the people they care for.

**About Spring Hills Senior Communities & Memory Care Communities:**

All Spring Hills Senior Communities and Poet's Walk Memory Care Communities offer a distinctive and innovative approach to assisted living, memory care and Home Care Services. Signature Touches is the company's approach to offering services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority, which is exemplified by recreational programs led by professionals in one of the company's eight Spring Hills communities located in NJ, VA, OH and FL, in the company's Poet's Walks communities located in TX and soon-to-be NV, or in their own home. For more information about their commitment to senior living, including information on Spring Hills Home Care Services, visit [www.spring-hills.com](http://www.spring-hills.com) or [www.poetswalkroundrock.com](http://www.poetswalkroundrock.com).

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