

Institute for Disability Studies
ShareCare Notes : Looking Forward to the New Year
December 22, 2005

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1. Upcoming Events

On Jan. 12, 2006, we will be meeting at Forrest General Hospital in conjunction with the caregiver support group held every second Thursday at 6 p.m. in the Elm Room (near the cafeteria). Everyone is invited to attend.

On Jan. 19, 2006, we will have a ShareCare Potluck Supper. This will be at Westminster Presbyterian Church on N. 25th Ave. at 6 p.m. Please bring a friend and your favorite covered dish.

For questions about either of these events contact Christy Harrison or Stella Fair at 601-266-5163 or email Christy.Harrison@usm.edu .

2. Holiday Break Announcement

Beginning Dec. 23, 2005, The University of Southern Mississippi will be closed for the holidays. Our office at the Institute for Disability Studies will also be closed until January 4, 2006.

3. Stress Reminders for the Holidays

A couple of reminders about the holiday season:

- a. It is easy to take on too much during this time of year. Remember that it is okay to say no.
- b. Remember this is a time of sharing with your family and friends. Take time to enjoy these moments.
- c. Most importantly, take care of yourself. Get plenty of rest and do the things you need to do to keep healthy.

4. Resources on our Web Site

We continue to update our Web site with resource information we feel is helpful to families who have a member with a disability or chronic condition. We also try to keep our calendar of events current and useful. Please visit our site and let us know of any other resources or events we need to include. Take care and we'll see you in 2006.

<http://www.usm.edu/sharecare/>.

