



Caring for the Caregiver



A special seminar hosted by the
Holy Trinity Visitation Ministry

Saturday, March 29, 2025
10:00am-1:30pm

Holy Trinity Greek Orthodox Church, 985 Providence Blvd., Pittsburgh, PA 15237
Register for free at HolyTrinityPgh.org/events

Presenter/Facilitator: Maureen Sirianni

Admissions Director at Concordia Lutheran Ministries, Bridgeville
Volunteer instructor with the Alzheimer's Association

Schedule

10:00 a.m. Coffee & Fellowship in Conference Rooms A & B
10:30 a.m. to 12:30 p.m. Interactive presentation and group discussion
12:30-1:30 p.m. Lunch & Fellowship

Registration

This seminar is provided at no cost as a community service by Holy Trinity Church
Register free at HolyTrinityPgh.org/events by March 27

Contact: Amy Armanious, Visitation Ministry Coordinator (visitation@holytrinitypgh.org)

What are the goals?

To emphasize the importance of connecting to community care resources, learning about caregiving options, and participating in peer support for family caregivers and others. To empower family caregivers toward their own self-care and self-compassion.

Is this seminar for me?

Are you a family caregiver, professional caregiver, clergy, parishioner, neighbor helping neighbor, or are you just interested in learning about whole-person health (balancing body, mind, and spirit) of self & others. Then yes, this event is for you and we welcome you!

What topics will be discussed?

Focusing on the needs of family caregivers who provide care in the home setting and assisted-living environments. Responding in a compassionate manner to the elderly who have dementia or other memory loss concerns. Describing the care approach as essential in being supportive rather than confrontational. Offering the ministry of presence as a loved one's cognition fails. Identifying caregiver burden and suggestions for relief and prioritizing self-care needs.

"Encourage one another and build each other up, just as in fact you are doing."
(1 Thessalonians 5:11)