



CAREGIVER COMMUNITY NEWSLETTER: 1ST EDITION

1st Issue, October 2019

WELCOME TO THE CAREGIVER COMMUNITY

Letter from Gaby Camargo to our caregivers:

It is a real privilege and satisfaction as a caregiver to be able to share my 11 years of experience that I have gained by taking care of my husband Romy after he was wounded in 2008. I know that we are facing a life changing event and perhaps for many of us can be very discouraging, but we cannot lose hope that one day things will change. It will be better for all of us. We must never forget that it is not the circumstances that will define how we are going to live with our loved ones, it is the attitude that we assume in front of them that will define our lifestyle. I know that it is an arduous task of constant care and without limits.

That is why I am very excited that we have created this program, since we understand that it represents a great support for family members who are providing daily care of their loved ones. Our goal is to enhance the quality of life for you and your loved one. We want to support you, guide you and provide you the right tools that are indispensable in the recovery process and the family integration.

Warmest regards,

Gaby Camargo



KEY DATES

Saturday, October 26th, 9:30 A.M - 12:00 P.M.

- Yoga & Brunch @ Stay in Step

Wednesday, November 27th, 1:00 P.M. - 2:00 P.M.

- Thanksgiving Potluck @ Stay in Step

CAREGIVER RESOURCES

GRANT OPPORTUNITIES FOR ADAPTIVE SPORTS EQUIPMENT

KELLY BRUSH FOUNDATION

<http://kellybrushfoundation.org/grants-programs/adaptive-sports-equipment>

CHALLENGED ATHLETES FOUNDATION

<http://www.challengedathletes.org/programs/grants>

HIGH FIVES FOUNDATION

<https://highfivesfoundation.org/grant-application>

PORTABLE WHEELCHAIR RAMP

Wheelchair Ramp: https://www.discounttramps.com/handicap_ramp/p/SCG-2/

Carrying Bag: <https://www.discounttramps.com/mobility/ramps/accessories/p/SCG-2-BAG/>

FLORIDA VOCATIONAL REHABILITATION PROGRAM (VOC REHAB)

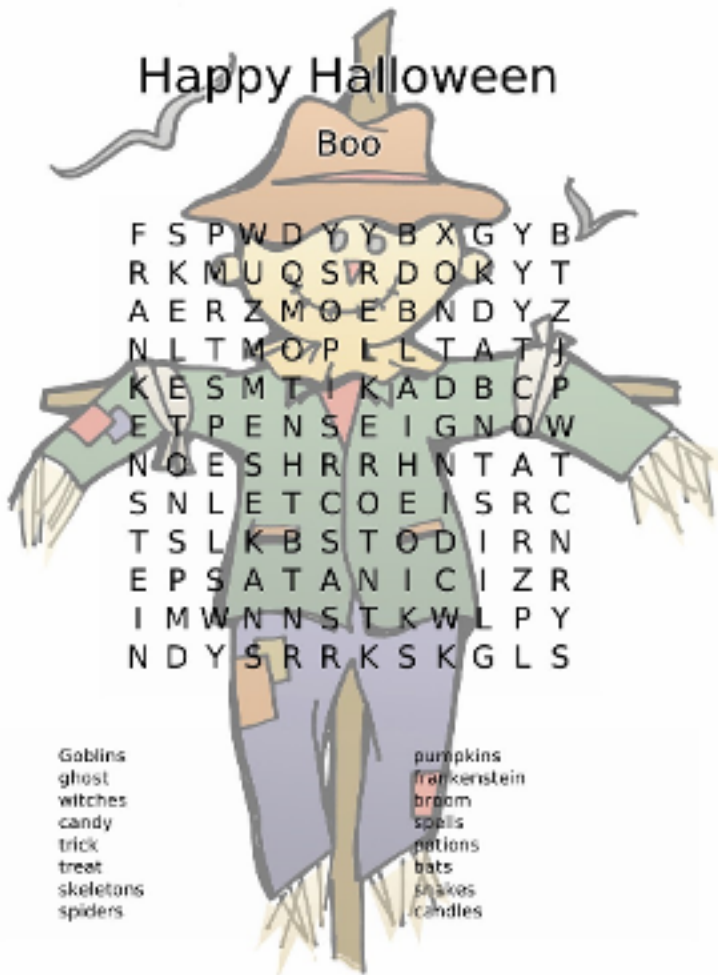
<http://www.rehabworks.org/>

BRAIN AND SPINAL CORD INJURY PROGRAM

<http://www.floridahealth.gov/diseases-and-conditions/brain-and-spinal-cord-injuries/index.html>



Happy Halloween



GENERAL INFORMATION

- Newsletter will be released Quarterly
- Topics of our Program consist of these components:
 - Social
 - Self-Care
 - Family
 - Education
 - Retreat
- Any questions or suggestions for upcoming newsletters should be directed to diosa@stayinstep.org
- **Our mailing address is:**
10500 University Center Drive
Suite 130
Tampa, FL 33612
- **Contact us at:**
Email: diosa@stayinstep.org
Phone: 813-977-7999
Fax: 813-977-7444