



(formerly Southwest Suburban Center on Aging)

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Best wishes for the holiday season!

You can't go it alone. If there is any advice I can share with those dealing with the needs of the elderly and the people who care for them, this would be it.

When I assumed the role of caregiver for my aging mother, I thought I had the smarts and the heart to handle anything that came my way. I was very lucky in that I had a strong support system of family and friends. I loved my mom enough to deal with her physical and emotional needs, plus I had my husband and daughter to help me. I was able to research any diagnosis and respond in a confident and informed manner. But, the undeniable truth is that there are still times when we don't have all the answers. The emotional roller coaster takes its toll, and I realized that I needed additional help.

I found that help at **Aging Care Connections**. I found strength in others who were in a similar situation also caring for a loved one. I found help through a caregiver's support group. Everyone's story is unique and their personal needs are also. I am so thankful that **Aging Care Connections** is there with the expertise and resources to offer a lifeline for each and every person or family who needs it. The committed, professional staff at **Aging Care Connections** works to help seniors maintain their independence. When independence is no longer an option, they are there for the caregivers. Whether it is through the vast network of referrals, agency programs, support groups, or just a sympathetic ear...they are there.

As America ages, organizations like **Aging Care Connections** are seeing a far greater need for their services than ever before. These services are vital to the health and wellness of more and more people in our community, and the need will continue to grow. With the national healthcare crisis and fewer public dollars allocated for these needs, I hope you will answer our call.

You never know when you will need these services. Friends and loved ones might already be benefiting from them. **Please consider making a year-end gift to Aging Care Connections.**

Sincerely,

Leslie Keiling



*Leslie Keiling
WGN-Radio*



Leslie and Tim Keiling with Leslie's mother, Helen