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for themselves and caring for others during a free presentation set for 6 p.m. Thursday, April 14, at the Home Helpers offices, 123 E. Ogden Ave., Ste. 102A, Hinsdale.

**Raschke will discuss:**

- The impact of caregiving on a caregiver's health.
- How your stress affects you and the person you are caring for.

- The importance of taking care of yourself.
- How to make time for yourself.
- Resources and support available to caregivers

The event is open to anyone who cares for someone, whether professionally or as a family member.

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- [Skechers Sale, Battery Pack, Fire TV, Diamond Jewelry: Thursday's Patch Deal Hound](#)

Raschke has more than 20 years of experience working with older adults, families and caregivers.

She is certified by the National Council of Certified Dementia Practitioners and holds degrees in sociology and gerontology from Northern Illinois University. Raschke has managed memory care programs at assisted living communities and nursing homes throughout the area and works closely with the professional caregivers chosen for Home Helpers clients.

Register for this FREE talk at [jackie@maryandmikecare.com](mailto:jackie@maryandmikecare.com) or call (630) 686-1369.

***Self Care for the Caregiver** is one in a series of free educational events provided by Home Helpers to empower and inform caregivers and families.*

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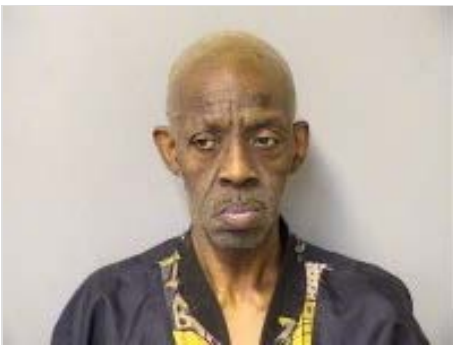
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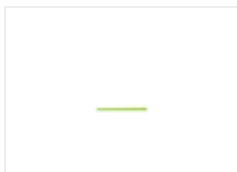
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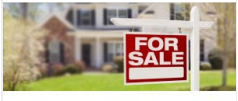
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## Coalition Urges Lawmakers to Pass Anti-Prescription Opioid Medication Bill



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## New Homes For Sale in Hinsdale-Clarendon Hills



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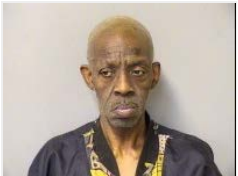
## SOLD!: Recently Sold Homes in Hinsdale-Clarendon Hills



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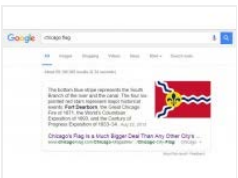
## Top News Illinois

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## Senior Accused in Double Murder 'Disemboweled' Neighbor: Prosecutor



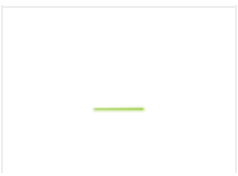
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## Was Chicago Flag Google Search Flub a Fluke or a Case of Trolling Blues Fans?



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## Your Costco Membership May Soon Cost More



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## Something Old, Something True: Couple's Love of Antiques Inspires Engagement at Frankfort Shop



## It's Alive! Chicago Botanic Garden's Latest Corpse Flower Blooms (VIDEO)

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