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6/9/17

## Year of the Caregiver in Missouri

Do you know someone who puts their life on hold to care for an ill family member or friend? If so, the Department of Health and Senior Services invites you to nominate that person for Caregiver of the Year.

"We want to give a face to these unsung heroes," said Celesta Hartgraves, Director of the Department's Division of Senior and Disability Services. "We also want to provide caregivers with information on how to keep their loved ones safe at home and give them tips on how to manage their own stress."

In April, the Division of Senior and Disability Services began featuring stories and photos of Missouri caregivers on its website. By December, an overall Caregiver of the Year will be selected. The nomination form is available at <http://health.mo.gov/seniors/caregiver.php> or for more information, please call (573) 526-4542.

[www.dmh.mo.gov/dd](http://www.dmh.mo.gov/dd)  
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH