



SEGO Caregiver Buddies

Your need to receive, and perhaps give, coping support while you are a caregiver is important to us. Caregivers have told us that only someone who has been a caregiver can understand the day-to-day challenges you experience.

To meet your need we have begun a new coping support program. It is called **SEGO Caregiver Buddies**. Buddy teams consist of caregivers who have been matched with each other based on information each supplied to us.

We hope SEGO Caregivers will provide support to each other through any method that works best for them – phone calls, email, personal visits. We expect that as the relationship develops our Caregiver teams will find their own way to be mutually supportive. Our staff Janet Kempe, SEGO Buddies Program Coordinator and Katherine Easton, Social Services Coordinator will be available to provide guidance and assistance. Please let them know what you need.

You can use the attached application sheet to let Janet know that you are interested in the **SEGO Caregiver Buddies** program. The information is needed to match you with someone with similar interests and needs. Fill it in and give it to a staff member while you are at the office, or mail it to Janet at the address below.

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