

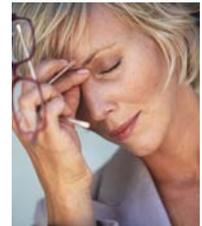
Caregivers' Resource Center Workshops on the First Thursday of the Month

The following presentations are offered free of charge at the Office for the Aging, 214 W. Martin Luther King, Jr./State Street.

Important Note

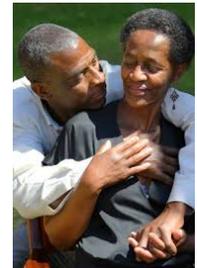
Because of the limited space in our conference room, we urge people to preregister for any of these workshops. Call (274-5492) or email David Stoyell at dstoyell@tompkins-co.org.

When An Elder Refuses Help Thursday, March 6, 6:30-8:00 PM A Dialogue with Ed Bergman



Ed Bergman is the Coordinator of the Long Term Care Services and Adult Protective Services units at the Tompkins County Department of Social Services. He will introduce the topic and some of the challenges facing caregiving families when elders will not accept assistance. Ed will then facilitate a discussion with attendees about approaches to dealing with the particular concerns of those in attendance. No charge, but advance registration is recommended.

Creative Ways to Process Your Experience as a Family Caregiver Thursday, April 6, 6:30-8:00 PM Presented by: Margaret Page



Drawing on her experience as an art therapist and caregiver counselor at Family and Children's Service, Margaret Page will demonstrate to those in attendance some creative things family caregivers can do to enhance their self-care. Attendees will have the opportunity to do some "art journaling" as a way of processing their own experience of caregiving. No charge, but advance registration is recommended.

Navigating Decisions in the Caregiving Context Thursday, May 1, Noon-1:30 PM Presented by: Corinna Loeckenhoff



Caregiving often involves difficult choices surrounding the care and well-being of elders. Disagreements within the family or between families and medical professionals can be particularly challenging. Corinna Loeckenhoff, a faculty member in Human Development at Cornell University, will discuss recent research findings that can help caregivers to better navigate such choices. No charge, but advanced registration is recommended. (Please note that this is a lunch time presentation rather than our usual evening time. Bring your brown bag lunch if you wish. Beverages provided.)