

Finger Lakes Region Caregiver Classes & Events

Spring 2018

Chemung

Powerful Tools for Caregivers

Thursdays, 5:00-6:30 PM: April 12, 19, 26, May 3, 10, & 17, 2018

Chemung County Department of Aging, 425 Pennsylvania Ave, Elmira NY 14904

**Register with the Department of Aging and Long Term Care (607) 737-5520 by April 5, 2018*

Health Literacy Presentation

Tuesday, May 8, 2018, 4:30-5:30 PM

Town Community Center, 31 Grandview Ave, Elmira, NY 14905

Registration not required

Part of the the Adult Children Empowering Seniors Educational Series

Livingston

Powerful Tools for Caregivers

Wednesdays, 1:00-3:30 PM: April 18, 25, May 2, 9, 23, & 30 (Skip May 16)

Goodwill Community Room, 4119 Lakeville Rd, Geneseo, NY 14454

**Register with Noyes Caregiver Resource Center at (585) 335-4358 or caregiver@noyeshealth.org*

Ontario

Powerful Tools for Caregivers

Mondays, 12:30-3:00 PM: April 9, 16, 23, 30, May 7, & 14

Naples Library, 118 S Main St, Naples, NY 14512

**Register with the Ontario Office for the Aging: (585) 396-4047*

Seneca

Powerful Tools for Caregivers

Fridays, 1:00-2:30 PM

April 20, 27, May 4, 11, 18, & 25

Seneca County Office for the Aging, 2465 Bonadent Dr, Ste 4, Waterloo, NY 13165

**Register with Lifespan at (585) 244-8400 x239 or mkouides@lifespanrochester.org*



FINGER LAKES ALZHEIMER'S
Caregiver Institute

Steuben

Powerful Tools for Caregivers

Thursdays, 1:30-3 PM: April 19, 26, May 3, 10, 17 & 24

Wayland Free Library, 101 W Naples St, Wayland, NY 14572

**Register with the Steuben County Office for the Aging at (607) 664-2298 or email OFAinfo@co.steuben.ny.us*

Health Literacy Presentation

Thursday, May 24, 2018, 4:30-5:30 PM

Colonial Square Senior Village, 110 Creekside Dr, Painted Post, NY 1870

Registration not required

Part of the the Adult Children Empowering Seniors Educational Series

Wayne

Powerful Tools for Caregivers

Tuesdays, 2:00-3:30 PM: April 17, 24, May 1, 8, 15, & 22

Department of Aging & Youth, 1519 Nye Rd, Lyons, NY 14489

**Register with Amy at (315) 946-5624 by April 13, 2018*

Yates

Powerful Tools for Caregivers

Wednesdays, 2:00-3:30 PM: May 2, 9, 16, 23, 30, & June 6

Penn Yan Public Library, 214 Main St, Penn Yan, NY 14527

**Register with Amy or Becky at (315) 536-5515 by April 25, 2018*

Class Descriptions

Powerful Tools for Caregivers

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidenced-based, self-care educational program for family caregivers, builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver participants learn to minimize the potentially negative impacts of caregiving in a 6-week program emphasizing self-care and empowerment. Registration is required for this 6-week course.

Health Literacy Presentation: Memory Loss & Communicating Effectively with Your Healthcare Provider

This is a 1-session, evidence-based workshop on how to navigate the increasingly complex healthcare field. In this interactive session, participants are empowered to become advocates for themselves, as well as their loved ones. The differences between normal aging and what may be a memory loss concern are covered as well.



**FINGER LAKES ALZHEIMER'S
Caregiver Institute**

You are receiving this mailing because you have had contact with the Lifespan's Finger Lakes Caregiver Institute (FLCI). If you would like to be removed from this mailing list, call Mara at (585) 489-4022 or email mkouides@lifespanrochester.org.

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