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Please Join Us...

Caregiver Support Group ~ 2016/2017

Dedicated to persons living with dementia and their caregivers.

The third Saturday of every month • 10:00 to 11:30am

Otsego Haus • 95 Livingston Blvd.

October 15, 2016

“ADULT CHILDREN - Concerns and Strategies”

Guest Presenter: Charlotte Lundy, RN, BA
Educator ~ *Community Services Network*

November 19, 2016

“LOVE LANGUAGES”

Guest Presenter: Jodi Douglas, CTRS, COP
Otsego Memorial Hospital

December 17, 2016

“CAREGIVER BURNOUT”

Guest Presenter: Kara LaMarre, MA
Certified Family Life Educator ~ Special Projects Coordinator
Region 9 Area Agency on Aging

January 21, 2017

“8 ELEMENTS OF THOUGHT”

Guest Presenter: Robin Petruska
Creating Confident Caregivers Master Trainer
Otsego County Commission on Aging

February 18, 2017

“MUSIC AND DEMENTIA”

Guest Presenter: Chris Curtin, RN, BC Certified
Community Services Network

March 18, 2017

“OUR TIME ~ PEER SUPPORT”

Guest Presenter: Nancy Ragan, RN, BSN
Otsego Memorial Hospital

April 15, 2017

“MOVEMENT AND SAFETY”

Guest Presenter: Thomas Kirby, PT
Physical Therapist ~ *Otsego Memorial Hospital*

May 20, 2017

“GOOD GRIEF”

Guest Presenter: Jodi Douglas, CTRS, COP
Otsego Memorial Hospital

June 17, 2017

“NONVERBAL COMMUNICATION STRATEGIES”

Guest Presenter: Charlotte Lundy, RN, BA
Community Services Network

July 15, 2017

SUMMER BREAK!

August 19, 2017

“SELF CARE”

Guest Presenter: Sarah Skowronski
Advocacy Department Assistant Coordinator
Otsego County Commission on Aging

September 16, 2017

“PANEL OF COMMUNITY RESOURCES”

Guest Presenters: Dona Wishart and
Community Resource Representatives

•• *Respite Care Available* ••

*In Home Respite Care available by pre-planned appointment
to those attending the Support Group meeting.*

Support Group Planning Team

Nancy Ragan, RN, BSN ~ *Support Group Facilitator* Pamela Carlson, RN ~ *OCCOA Medical Resources* Dona Wishart, BS ~ *OCCOA Executive Director*

Grant Funded Respite Care Available

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