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*Please Join Us...*

# Caregiver Support Group ~ 2011/2012

*Dedicated to persons living with dementia and their caregivers.*

The third Saturday of every month • 10:00-11:30am  
University Center at Gaylord • 80 Livingston Blvd.

*October 15, 2011*

**Take Care of Yourself ~ 10 Ways!**

*Guest Speaker: Lisa Teglas, LLMSW,  
Program Coordinator, Alzheimer's Association*

*November 19, 2011*

**Handling Holidays and Gatherings ~ Strategies!**

*Guest Speaker: Nancy Ragan, RN*

*December 17, 2011*

**Skin and Wound Care ~ How To!**

*Guest Speaker: Charlotte Lundy, RN*

*January 21, 2012*

**Helping Yourself Help a Loved One  
~ Burdens and Blessings!**

*Guest Speaker: Kara LaMarre, MC, CFLE*

*February 18, 2012*

**At the Crossroads ~ A guide to Alzheimer's  
Disease, Dementia and Driving!**

*Guest Speaker: Lisa Teglas, LLMSW,  
Program Coordinator, Alzheimer's Association*

*March 17, 2012*

**Body Mechanics ~ Transfer Techniques!**

*Guest Speaker: Brittany Beyers, PT  
Otsego Memorial Hospital*

*April 21, 2012*

**Changing Roles and Depression**

*Guest Speaker: TBA*

*May 19, 2012*

**A look at Palliative Care and Extended Care  
Facilities ~ Acceptance and Expectations!**

*Guest Speaker: Charlotte Lundy, RN*

*June 16, 2012*

**Moving to be near adult children?  
Careful planning and clear expectations!**

*Guest Speaker: Chris Curtin, RN, BC  
Chris Curtin and Associates*

*July 21, 2012*

**Summer Break ~ No Class ~ Enjoy Alpenfest!**

*August 18, 2012*

**How the OCCOA Advocacy Department can help  
you ~ What's new? What about Medicare fraud?**

*Guest Speaker: John Panci,  
Advocacy Assistant Coordinator*

*September 15, 2012*

**Annual End-of-Year Celebration and Picnic**

•• **Respite Care Available** ••

*Otsego Haus offers respite care 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**