

# Caregiver Support Group ~ 2009/2010

Presented by: Otsego County Commission on Aging  
With support from: Alzheimer's Association ~ Greater Michigan Chapter

**Save these Dates!**  
**10:00 - 11:30 a.m.**  
**University Center at Gaylord**  
**80 Livingston Boulevard**

## **SUPPORT GROUP PLANNING TEAM**

**Nancy Ragan, RN, BSN**  
Support Group Facilitator

**Claudia Pettis**  
OCCOA Administration &  
Operations Coordinator

**Pamela Carlson, RN**  
OCCOA Medical Resources

**Dona Wishart**  
OCCOA Executive Director

Respite care for  
your loved one is  
available at the  
**Otsego Haus**  
while you attend the  
Support Group Meeting.

For more information  
please call  
(989) 732-1122  
or visit our website at  
**www.OtsegoCountyCOA.org**

### **OCTOBER 18TH, 2009**

*"PERSONAL ACTION TOWARD HEALTH—PROBLEM SOLVING"*  
KARA LAMARRE, DEVELOPMENTAL PROJECTS COORDINATOR  
REGION 9 AREA AGENCY ON AGING

### **NOVEMBER 15TH, 2009**

*"CARING FOR THE CAREGIVER"*  
NANCY RAGAN RN, OTSEGO MEMORIAL HOSPITAL

### **DECEMBER 20TH, 2009**

*"HOLIDAY BRUNCH"*  
OCCOA, DONA WISHART, OMH NANCY RAGAN

### **JANUARY 16TH, 2010**

*"GRIEF & LOSSES"*  
CHAR LUNDY, RN—COMMUNITY SERVICES NETWORK

### **FEBRUARY 20TH, 2010**

*"DIFFICULT BEHAVIORS" - CHRIS CURTIN & ASSOCIATES*  
CHRIS CURTIN, RN

### **MARCH 20TH, 2010**

*"SAFETY CONCERNS FOR DEMENTIA CARE"*  
DIANE O'CONNOR, ALZHEIMER'S ASSOCIATION, GMC

### **APRIL 17TH, 2010**

*"LEGAL AND HEALTH CONCERNS: INFORMATION GATHERING,  
DECISION MAKING & PAPERWORK"*  
LORETTA MILLER, OCCOA, ADVOCACY COORDINATOR

### **MAY 15TH, 2010**

*"COMMUNICATION" - CHRIS CURTIN & ASSOCIATES*  
CHRIS CURTIN, RN

### **JUNE 19TH, 2010**

*"CARING FOR CAREGIVERS" - MINIMIZING STRESS*  
KARA LAMARRE, REGION 9 AREA AGENCY ON AGING

### **\*JULY 24TH, 2010**

*"TIME TO CHAT"*  
NANCY RAGAN, RN, OTSEGO MEMORIAL HOSPITAL

### **AUGUST 21ST, 2010**

*"FAMILY CONCERNS" - CHRIS CURTIN & ASSOCIATES*  
CHRIS CURTIN, RN

### **SEPTEMBER 18TH, 2010**

*ANNUAL PICNIC*  
LOCATION IS OTSEGO HAUS

\*DUE TO ALPENFEST PARADE ON THE 17TH OF JULY WE WILL BE MEETING  
ON THE 24TH, 1 WEEK LATER IN THE MONTH THAN NORMAL.