



October 8, 2010

Dear Care Partners and Trust Women,

Well, there's no denying that fall has arrived and with it comes a flurry of activity from the Caregiver Resource Center. It's a good time to be a care partner, because the season is rich with opportunities for education and fellowship with others who walk your same path.

First of all, for those of you that don't mind a road trip, the Western NY Chapter of the Alzheimer's Association is sponsoring a **Dementia Care Conference** on Thursday, November 4, 2010 from 12 noon until 9 pm at Our Lady of Angels Church Hall in Cuba, NY. Programs are set up from 12 until 4 and from 6 until 9 PM with a complimentary dinner at 5 PM. If you would like the full flyer with event description, call us (607) 776-7813 or call the Alzheimer's Association in Williamsville at 1-716-626-0600. The afternoon session includes "Activities for People with Dementia", "Taking the Keys Away and Other Transportation Issues", and the NYS EPIC Program. The evening session includes "Managing the Holidays" and "Dementia Sensitivity Training for Families". Of course, reservations are required.

Secondly, please consider attending our big event on November 10 with guest presenter, Dr. Elizabeth Bergman from Ithaca College who will talk about the **Ageing Experience!** See flyer insert in this newsletter.

Lastly, on November 30, 2010 from 1 until 2 PM, we will present "**Dealing with Challenging Behaviors**" at the Corning Senior Center, 1 Park Lane, Corning, NY. This follows the curriculum of the Alzheimer's Association so you can be assured that it includes research-based, reputable information on this all too common challenge for care partners. Reservations are required by calling (607) 776-7813 or 936-4661.

Alzheimer's Disease Support Group Schedule for November and December, 2010:

11/8/10	For Spouse's/Partners Only (of those with dementia)
	Steuben County Health Care Facility
12/13/10	7009 Rumsey St Extension, Bath
	10:30 a.m. – 12 noon

11/22/10 Alzheimer's Disease Support Group
Emeritus (Green Meadows) of Painted Post
12/20/10* 120 Creekside Drive, Painted Post NY
Rescheduled 2:30 PM – 4:00 PM
due to
holiday!

Trust in the Lives of Older Women

11/9/10 McAuley Manor Chapel
11/23/10 MercyCare
12/14/10 1 Bethesda Drive
12/21/10* Hornell, NY 14843
***Rescheduled 10:00 AM- 11:30 AM**
due to *If you have never attended this group before and plan to
holiday! attend, please call Vicki Grace at 776-7813.

There is still time to sign up for **“Spirituality in Caregiving”**, which will take place on October 21, 2010 from 6 – 8 PM at the Hornell Baptist Church, 28 Church St, Hornell, NY. This is a program of the Alzheimer's Association. Reservations are required by calling (607) 776-7813 or 324-4891.

Have you heard about the Keuka Comfort Care Home? Located on Rte 54 (East Lake Rd.) in Penn Yan, it serves the terminally ill with compassionate end of life care. This facility, which opened in August, 2007, serves 2 patients a time and there is no charge for the service. Operators are anxious to show off their good work and they welcome inquiries, donations, and volunteers! If you want to know more, call them at (315) 536-1690.

CarePartner Tip:

“Dying people often seem to know when their death will occur, sometimes right down to the day or hour. Surprisingly, they often face this knowledge not with fear or panic, but rather with quiet resignation.” ~ from Final Gifts by Maggie Callahan and Patricia Kelley
(book available in our library!)

Sincerely,



Patricia A. Baroody, Coordinator



Vicki Grace, Care Partner Assistant

EXPLORING THE AGING EXPERIENCE

WEDNESDAY, NOVEMBER 10, 10:30 A.M. TO 12:30 P.M.
at the Civil Defense Training Center, 7220 State Rte 54, Bath, NY

Presenter: Elizabeth Bergman, Ph.D.

Ithaca College Gerontology Institute

Workshop Description and Objectives:

This training is designed to explore the aging experience and to provide insight into age-related physical and mental changes, disability, and social interactions.

Through lecture, group activities, case studies, and discussion, attendees will learn:

- To identify common stereotypes and misconceptions about aging and older adults.
- To recognize age-related sensory changes and their impact on quality of life.
- How age-related losses may contribute to feelings of dependency or depression in later life.
- Strategies to improve communication with older adults and assist them to cope with age-related changes.

Elizabeth Bergman is an assistant professor of gerontology at Ithaca College. She has a Ph.D. in Aging Studies from the University of South Florida and her teaching and research interests include family caregiving, bereavement, hospice and palliative care, stress and coping in the context of the aging family, and gender and multicultural aspects of aging. She has vast experience working professionally with older adults and their families.

Registration is required by Friday, November 5, 2010 by calling (607) 776-7813. If you are interested in caregiver respite so that you can attend this program, please call (607) 664-2322 by November 1, 2010.

This workshop is sponsored by the Steuben County Office for the Aging with funding from the NYS Office for the Aging, and the Finger Lakes Geriatric Education Center Project at Ithaca College Gerontology Institute.

