

Monthly Caregiver Discussion Groups

Offered by the Broome County Office for Aging

Information and support that helps you be the best caregiver you can be while taking care of yourself.

Daytime Group – First Monday of the Month, 1:00-3:00pm, Stay Healthy at the Oakdale Mall (near Sears). This group usually features a one hour presentation and time for caregivers to talk and share. Call Judy B. at 778-2411 for more information.

Morning Discussion Topics and Dates through June 2008

February 4 – Tips and Tricks for Engaging the Person You Care For

March 3 – And to All a Goodnight: Quality Sleep for All (tentative topic)

April 7– Based on the needs and desires of the attendees

May 5 – Say It With Music": Communicating with Your Older Person with Music

June 2– "The Eyes Have It" How to Live a Quality Life with Vision Loss

Evening Group- Second Wednesday of the Month 6:00 - 8:00pm. Locations vary. Always call to confirm.

Evening presentations through June 2008

February 13 - Crock Pot Cooking for Caregivers at Cornell Cooperative Extension,
840 Front Street

March 12 – How to Have a Family Meeting, Broome West Senior Center

April 9 – Red Cross Caregiver Programs at BC Public Library

May 14 – Medicare Update at BC Public Library

June 11 – Veterans Benefits: What Caregivers Need to Know

No programs in July or August

Call Andrea at 778-2411 to register.

Caregiver Groups are free and open to the public. You may attend each month, or as often as you like. For information on support groups offered by other organizations call Broome County Office for Aging, 778-2411.



Broome County
Office for Aging

... bringing seniors and services together