Caregiver Support & Education Network Meetings

Are you providing care for an adult family member, spouse, or friend, either locally or long distance? Perhaps the one you care for is living in a facility, independently in their own home, or in your home. If so, you are invited to attend meetings of the Caregiver Support & Education Network. Participants are welcome to attend when their schedule allows. Caregivers come together to share the challenges, joys, and resources of caregiving as well as listen to occasional speakers presenting on topics of interest specifically to caregivers. Facilitators will share strategies, tools, and resources for coping with stress, caregiver guilt, and burnout as well as information on local/national resources that may assist you. Meetings will be held via Zoom until further notice.

Questions? Contact Diane Bradac, sdb39@cornell.edu.

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General Discussion and Sharing Dates

- January 25, 2022, 12:00-1:00 pm: Tech Trends in 2022 and the 60-Plus
- February 22, 2022, 12:00-1:00 pm: Nutrition and Boosting your Immune System
- March 22, 2022, 12:00-1:00 pm: Decluttering and Spring Cleaning
- April 19, 2022, 12:00-1:00 pm: Legal and Financial Organizing and Management
May 24, 2022, 12:00-1:00 pm: Aging, Safe Driving, Alternatives and Family Conversations

Join us if you are able. Otherwise, the group meets monthly and will continue to meet virtually for now. Email WorkLife@Cornell.edu to get the Zoom link for the meeting.

Past meeting recordings:

- Palliative Care and Hospice Services with Deb Traunstein

If you want to receive the recording or if you have questions, please email worklife@cornell.edu

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