Elder & Adult Care Workshops

Medicare Basics

**September 27, 12:00-1:00pm, East Hill Office Building, Room 140**

**Register**

Medicare Basics will be an introduction to the federally administered health insurance program that provides coverage to persons 65 and older, and persons under 65 who are disabled. Seniors, those caring for them, and anyone interested in the topic are welcome to attend. The presentation will cover the different ways you can receive your Medicare benefits, and financial-assistance options that may be available to you. There will also be representatives from the Cornell Benefit Services Office on hand to answer any Cornell specific questions. Presented by Nicole Zulu, HIICAP Coordinator, of Lifelong. This session will also be offered as a Zoom Webinar. Sponsored by Cornell Work/Life. Questions? Email worklife@cornell.edu

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. Attendees are welcome to bring their lunch.

Questions? Contact Diane Bradac, sdb39@cornell.edu

General Discussion and Sharing

**12-1:00 p.m., 321 Weill Hall (except August 17 & October 27)**
No registration needed

- August 17 (221 Weill Hall)
- September 21
- October 27 (221 Weill Hall)
- November 16
- December 14