Elder & Adult Care Workshops

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.

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General Discussion and Sharing Dates

12-1:00 p.m., 221 Weill Hall

- September 20, 2018
- October 18, 2018
- November 15, 2018
- December 20, 2018
- January 17, 2019
- February 21, 2019
- March 21, 2019
- April 18, 2019
- May 16, 2019
- June 20, 2019
- July 18, 2019
- August 15, 2019
- September 19, 2019

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How to Be an Executor and/or Trustee

October 4, 2019
9:00 - 10:00 am
East Hill Office Building, Training Room #140 - Remote option available

Register Here: How to be an Executor/Trustee
There are many sensitive issues and emotions that can arise when it comes to thinking about your estate or the estates of your loved ones.

Emilee Lawson Hatch, a local attorney, will lead a discussion to provide you with information about the estate planning process and executor and trustee duties. We will discuss how to:

- Help your loved ones prepare their planning documents
- Simplify your estate plan
- Help you and your family feel confident with your plan
- Make life easier on your future executor and trustee
- Be an effective executor and/or trustee