



## 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](mailto:sdb39@cornell.edu).

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## General Discussion and Sharing Dates

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

- January 17, 2019
- February 21, 2019
- March 21, 2019
- May 23, 2019
- June 20, 2019
- July 18, 2019
- August 15, 2019
- September 19, 2019
- October 17, 2019
- November 21, 2019
- December 19, 2019

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## Past Events

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### Medicare Basics

February 12, 2019

12:00 - 1:00 pm

East Hill Office Building, Training Room #140 - Remote option available

Medicare Basics is 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, how Medicare works with other health insurance, and financial-assistance options that may be available to you. Information will also be provided on the free tax counseling services provided at Lifelong, Ithaca and Ulysses Philomathic Library in Trumansburg. Presented by Liza Burger, MSW, Coordinator, Health Insurance Information, Counseling and Assistance Program (HIICAP) and Tax Counseling for the Elderly (TCE).

## **Aging in Place: Love Living at Home**

**February 21, 2019**

**12:00 - 1:00 pm**

**Weill Hall - room TBD**

Love Living at Home (LLH) is a new nonprofit in Tompkins County to support older people who want to remain at home as long as possible. LLH follows a national model that seeks to improve access to services, increase socialization and civic engagement, and strengthen a sense of community among its participants. These virtual retirement Villages are a consumer driven strategy to support successful aging at home. Home is not a place on a map - it is a gateway to relationships and resources for older adults who desire to live in the homes and neighborhoods they love.

Come find out more – Elena Flash will be discussing the ins and outs of this wonderful program. Elena has 30 years of experience as an attorney for nonprofit, health care and long-term care organizations. She has worked with nonprofit organizations from formation to dissolution on corporate affairs, tax law, and regulatory and contract issues. Elena has extensive experience working with service providers in the long-term care industry.

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## **Advances in Alzheimer's Research**



**March 21, 2019**

**12:00 - 1:00 pm**

**Weill Hall - Room 226**

Researchers at Cornell University have discovered a novel approach to increase brain blood flow in Alzheimer's disease mice and showed that this leads to rapid improvements in memory function. These findings point to the important role brain blood flow disruptions play in dementia and may provide new therapeutic opportunities for Alzheimer's disease patients.

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### **More details**

It has been known for decades that blood flow to the brain is reduced by about one-third in patients with Alzheimer's disease. Permanent blood flow reductions this large likely contribute to the memory and cognitive problems associated with Alzheimer's, but the cause of the blood flow impairment has remained unclear.

Recent studies in Alzheimer's disease patients have suggested that brain blood flow decreases are one of the earliest detectible symptoms of the disease. If the same mechanisms the Cornell researchers identified in mice also plays a role in the blood flow deficit in humans, then therapies that prevent the adhesion of white blood cells in the brain could

potentially improve memory function in humans and may slow the progression of cognitive problems in Alzheimer's patients.

Join us as the scientists in the Schaffer-Nishimura Lab in the Meinig School of Biomedical Engineering at Cornell share their exciting research and create pathways to Alzheimer's therapies, and learn how you can play a part!

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## Finger Lakes Independence Center Demo Day



March 27, 2019

12:00 - 1:00 pm

East Hill Office Building - Room 140

[Register Here](#)

Teri Reinemann and Amy Jo DeKoeyer will be coming on campus with 10-20 items from The Finger Lakes Independence Center "Try It Room" and "Loan Closet" programs. They will be sharing and demonstrating the top requested adaptive and assistive equipment that individuals use after surgery, for temporary disabilities, with aging challenges and for permanent disabilities.

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### More details

These programs are for individuals to learn what is available that can aid in daily living tasks and items that can help with vision, hearing and dexterity related needs. They will talk about their use and provide guidance on using equipment for safety, independence, injury prevention and comfort.

What items come to mind? A transport wheelchair, tub transfer bench, leg lift, alarms, grabber, magnifiers, CapTel phone, pocket talker, kitchen aids, and more! Come with questions, ideas and feel free to explore the items. Come and learn about their lending use practices and about FLIC's programs and services.

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## What to do When Happily Ever After Seems Out of Reach

April 16, 2019

12:00 - 1:00 pm

East Hill Office Building - Room 140

[Register Here](#)

Life is anything but simple. Loss is anything but easy. And the truth can be very complex. Just when you get used to the way things are, they change. How do we show up for "what is" rather than "what we want it to be"? And, how can we thrive and experience joy despite uncertainty?

Join Tracey Brant, a certified coach and grief recovery practitioner, in conversation about how to navigate the non-linear nature of our lives.

Remote option available.

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## **More details**

Tracey earned a BS from Cornell and MS from Tufts and has enjoyed 27+ years working with students, faculty, staff and alumni in various capacities. She embodies a philosophy that *“There is no one person, place or thing that will give you everything you need, yet every single interaction offers something to help you move one step forward.”*

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