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

- 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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Medicare Basics

February 12, 2019
12:00 - 1:00 pm
East Hill Office Building, Training Room #140 - Remote option available

Register Here: Medicare Basics

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).

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

February 21, 2019  
12:00 - 1:00 pm  
Weill Hall - room TBD

**Register Here: Love Living at Home**

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.