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 Ruth Merle-Doyle, rem64@cornell.edu.

General Discussion and Sharing Dates

December 15, 2022, 12:00 pm - Taking a Moment: Let's reflect on what was and take a moment to look ahead

Once the Thanksgiving Holiday happens, time seems to speed up and whirl its way toward the end of the year. And in that frenzy, we can also get swept up and taken away. Let's spend some time together to reflect on the year we have had.
through prompted questions. We will connect through our experiences, and in a way, make room for the new year at hand.

Ruth Merle-Doyle will facilitate this conversation as the newest member of the Work/Life team. Ruth would like to take this moment to let you begin to tell your story, learn from your experiences and get an idea of what will matter most to you in 2023 as a caregiver. All are welcome, whether currently caregiving or not in that role at the moment.

Meetings typically take place on the third Tuesday of every month at noon. Join us if you are able. We 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