



OCTOBER CLASSES

All classes are free
and open to the public.

Legal & Financial Issues: Healthcare Oct. 4th 5:30 - 7:00pm

Swimming in a sea of legal and financial questions about health care? This class will focus on important documents such as the Health Care Proxy, Power of Attorney, Living Will, etc. We will learn how to finance care and how changes to the Medicaid law effect long term care financial planning. Class will be held at Home Aides of Central New York, 723 James Street, Syracuse.

Medicare Options October 10th 2:00 - 3:30pm

Confused by all the Medicare plans and options available to you? This class offers an overview to help you understand your options. Topics will include supplemental insurances, prescription drug plans, Medicare Advantage plans, EPIC (Elderly Pharmaceutical Insurance Program) and more. Class will be held at Christ Community Church, 3644 Warners Road, Syracuse.

Hands On: Physical Comfort & Care Oct. 19th & 26th 1:00 - 3:30pm

Learn tips and tools, including communication strategies to provide safe and comfortable care. Practice skills that prevent injury to you as well as to the person receiving care. This two part interactive class will cover transfers, fall prevention, bathing, incontinence care, positioning, nutrition, and individual concerns. Class will be held at St. Camillus, 813 Fay Road, Syracuse.

Effective Communication Techniques Oct. 20th 5:30 - 7:30pm

This class offers effective techniques for communicating with loved ones suffering with Alzheimer's or other forms of dementia. We will discuss how to approach them using both verbal and non verbal techniques. A light supper will be provided at 5:30, class begins at 6pm. Reservations required for supper. Class will be held at Clare Bridge of Manlius, 5125 Highbridge St., Fayetteville.

Living Purposeful Lives October 26th 4:00 - 5:30pm

In this class, family caregivers will be introduced to the Eden Alternative philosophy of care and offered practical ways to grow together with their elder loved ones at home. We will learn to consider each elder much like a plant or flower, from beginning to end, and reminds us to treat them as always living, always growing. The Eden at Home Series applies the power of the Eden Alternative to improve quality of life for elders living at home with their care partners. Class will be held at DeWitt Community Church, 3600 Erie Blvd. East, DeWitt.

For more information or to register, please contact the Department of Aging & Youth
(315) 435-2362 ext. 140 or ext. 139 www.ongov.net/ay



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AGING AND YOUTH

alzheimer's  association™