

# Four Ways to Register

**E-mail** [cstevenson@ongov.net](mailto:cstevenson@ongov.net) with "I Care" in the subject line

**Phone** 435-2362 ext. 140 or ext. 139  
Include information requested on the form below.

**Fax** your registration form to 315-435-3129.

**Mail** the completed registration form to:  
Onondaga County Department of Aging & Youth  
**I Care Registrations**  
421 Montgomery Street  
John H. Mulroy Civic Center - 13th floor  
Syracuse, NY 13202

## Class Listings

### Stress and Depression

STRESS: Thursday, 9/15/11, 5:30 pm

### The Basics of Alzheimer's Disease

ALZ: Monday, 9/19/11, 5:30 pm

### Powerful Tools for Caregivers

PTC: 6 Mondays, 9/19 - 10/24/11, 5:30 pm

### Growing Home: Inspiring Caregivers & Elders

GROW: Wednesday, 9/28/11, 4:00 pm

### Legal and Financial Issues: Health Care Planning

LEGAL: Tuesday, 10/04/11, 5:30 pm

### Medicare Options

MEDI: Monday, 10/10/11, 2:00 pm

### Hands On: Providing Physical Comfort and Care

HAND: Wednesdays, 10/19 & 10/26/11, 1:00pm

### Effective Communication Techniques

TALK: Thursday, 10/20/11, 5:30 pm

### Living Purposeful Lives at Home

EDEN: Wednesday, 10/26/11, 4:00 pm

### Step Up to Stop Falls

STEP: Tuesday, 11/01/11, 5:30 pm

### Men CAN Cook!

MEN: 4 Wednesdays, 11/2 - 11/30/11\*, 10:30 am

### Life Harvests: The Gift of Sage-ing®

SAGE: Thursday, 11/10/11, 4:00 pm

### Managing Challenging Behaviors of Dementia I

CHAL1: Wednesday, 11/14, 2:00 pm

### Veterans Benefits for Older Persons

VET: Wednesday, 11/17/11, 2:00 pm

### Managing Challenging Behaviors of Dementia II

CHAL2: Wednesday, 11/21/11, 2:00 pm

*\*Please note: Men CAN Cook! class will not be held on 11/23/11.*

## I Care Course Registration

Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Date of Registration \_\_\_\_\_

Please indicate the class or classes for which you would like to register:

*If you are registering for Powerful Tools for Caregivers (PTC), please include your check or money order for \$30.00 (to cover the cost of course materials) payable to Onondaga Elders.*

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