

PRESS RELEASE

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Free Presentation on Healthy Nutrition for Older Adults

LIBERTY, NY— Poor nutrition can affect the mind, body, immune system, and energy levels in ways you may not be aware of. The more families know about the aging factors that can affect eating habits, the easier it will be to ensure their older adult loved one maintains a healthy diet.

The public is invited to a web seminar on Healthy Nutrition for Older Adults Tuesday, April 17, 2018. Cornell Cooperative Extension Sullivan County (CCESC)'s Caregiver Resource Center offers this free program from 3:00 to 4:00 pm at its Extension Education Center on 64 Ferndale-Loomis Road in Liberty. This web seminar is approved for AoTA contact hours in addition to CEUs approved for all ASA web seminars. Refreshments will be provided.

Participants will be able to:

- Recognize causes and warning signs of poor nutrition
- Understand the nutritional guidelines of older adults
- Recommend ways to manage specific dietary concerns
- Identify the risks associated with lack of mealtime companionship

Lakelyn Hogan presents this web seminar, part of the Family Caregiver Support Series, sponsored by Home Instead Senior Care®. Bee Maher will be present for a special Q and A portion after the web seminar.

Lakelyn Hogan is a gerontologist and caregiver advocate for Home Instead Senior Care and a doctoral candidate at the University of Nebraska Omaha (UNO), studying social gerontology. She has a master of arts in social gerontology and master's in business administration from UNO. Lakelyn has professional experience in the private and public sectors of senior care services.

This seminar is free to the public and requires five pre-registered attendees to hold the class. Registration is required in advance by visiting www.sullivancce.org, emailing sullivan@cornell.edu, or calling CCESC at 845-292-6180. In the event of special needs, the public should contact the CCESC office.

This co-partnered program between Cornell Cooperative Extension and Office for the Aging of Sullivan County is supported by a grant from the NYS Office for the Aging's Caregiver Program.

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