

PRESS RELEASE

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Free Presentation on Holistic Aging: Mind, Body & Soul

LIBERTY, NY— Holistic aging is a philosophy that looks at all aspects of a person as they age, including their mind, body, and soul.

As people age, they can be fearful of frailty and decline. However, keeping an older adult's mind, body, and social life active can prevent or even reverse frailty. A key to holistic aging is selecting simple activities that older adults find enjoyable. Caregivers are in a unique position to help them figure out what activities will work best.

The public is invited to a web seminar on Holistic Aging: Mind, Body, & Soul Monday, March 19, 2018. Cornell Cooperative Extension Sullivan County (CCESC)'s Caregiver Resource Center offers this free program from 6:00 to 7:00 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:

- Learn the fears older adults have about aging
- Recognize the physical and emotional signs that an older adult's wellbeing might be at risk
- Understand ways to prevent or reverse frailty
- Recommend tips and resources that can help to improve an older adult's body, mind, and soul

Lakelyn Hogan presents this web seminar, part of the Family Caregiver Support Series, sponsored by Home Instead Senior Care®.

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.

Holistic Aging: Mind, Body, & Soul is free to the public and requires five pre-registered attendees to hold the class. Registration is required in advance by calling CCESC at 845-292-6180, emailing sullivan@cornell.edu, or visiting www.sullivanccce.org. 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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