

PRESS RELEASE

April 18, 2018
Lead Staff: Bonnie Lewis, RN
845-292-6180, ext. 122
Dependent Care Subject Educator
bjl25@cornell.edu

Free Presentation on Managing Arthritis in Older Adults

LIBERTY, NY—Many older adults with arthritis face ongoing pain that can lead to depression, anxiety, or a feeling of helplessness when they are no longer able to do what they enjoy. Family caregivers could feel that they need to solve everything, when in fact what older adults with arthritis want most is to simply express their emotions of sadness and loss. Chances are, both the older adult and their family member could use some rest and relaxation.

The public is invited to a web seminar on Managing Arthritis in Older Adults Thursday, May 3, 2018. Cornell Cooperative Extension Sullivan County (CCESC)'s Caregiver Resource Center offers this free program from 1:00 to 2:00 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 the symptoms and warning signs of arthritis
- Understand how arthritis is diagnosed and treated
- Identify ways of preventing arthritis
- Learn tips for coping and support for sufferers and caregivers

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.sullivancee.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.

###

Building Strong and Vibrant New York Communities

Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.