

## PRESS RELEASE

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### FREE Programs for Seniors & Caregivers

SULLIVAN COUNTY, NY— Cornell Cooperative Extension Sullivan County (CCESC)'s Caregiver Resource Center offers several FREE workshops in September. These educational events will be held at various locations across Sullivan County.

#### Sept 4 | Tai Chi for Arthritis Series in Neversink | 4 – 5 pm

Neversink Firehouse, 7486 State Route 55, Neversink

This unique 8 week series involves warm-up exercises, demonstrations, and practice of 6 basic Tai Chi for Arthritis movements, in an ADA compliant space.

Bonnie Lewis, RN Cornell Cooperative Extension Sullivan County (CCESC) Dependent Care Educator will instruct the group.

Participants receive materials and view a film provided by Arthritis Foundation of Dr. Paul Lam's Tai Chi for Arthritis program.

\*There is a refundable \$10 commitment fee (NOT refunded if more than 3 classes are missed)

#### Sept 5 | Effective Communications | 3 – 5 pm

Mamakating Library, 128 Sullivan Street, Wurtsboro

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementia progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

#### Sept 11 | Tai Chi for Arthritis Series in Eldred | 11:30 – 12:30 pm

Town of Highland Senior Center, 725 State Route 55, Eldred

*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.

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Sept 7,14,21 | Living with the Early Stages of Alzheimer's | 10 am – 12 pm

Narrowsburg Public Library, 198 Bridge St. Narrowsburg

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This 3-part series shares practical answers to the questions that arise in the early stages. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

These events are free to the public. Registration is required in advance by visiting [www.sullivanccce.org](http://www.sullivanccce.org), emailing [sullivan@cornell.edu](mailto: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 and a grant from the Alzheimer's Association Hudson Valley NY Chapter.

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