

## 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 March. These educational events will be held at various locations across Sullivan County.

#### **March 6 | Hospital to Home | 1-2 pm**

##### **Held at: Extension Education Center, 64 Ferndale-Loomis Rd., Liberty**

This free web seminar provides information to help families plan and prepare for a safe return home from a medical or rehabilitation setting.

Participants will be able to:

- Discuss the importance of planning ahead for discharge;
- List the risk factors that could cause a readmission;
- Identify five key steps to help with a successful transition home; and,
- Describe resources to share with older adults and their families.

#### **March 7 | Parkinson's Disease Non-Motor Symptoms | 1-2 pm**

##### **Held at: Extension Education Center, 64 Ferndale-Loomis Rd., Liberty**

This free web seminar will focus on detection and effective treatment of non-motor symptoms beyond traditional Parkinson's Disease (PD) medications.

Participants will be able to:

- Identify that non-motor symptoms, such as impaired olfaction, REM sleep behavior disorder, pain, constipation, and depression may be present before PD
- Identify that non-motor features become most troublesome features of PD
- Describe treatment other than traditional PD medications

*Your Trusted Resource of Choice.*

**March 18 | Understanding Alzheimer's & Dementia | 6 pm**

**Held at Action Toward Independence, 3019 E. Broadway, Suite A, Monticello**

Alzheimer's is a disease of the brain that causes problems with memory, thinking, and behavior.

This education program presented by the Alzheimer's Association will discuss:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address symptoms, and resources

Events are FREE to the public. Registration is requested 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.

All attendees should arrive 15 minutes early to complete registration. Contact the CCESC office to request any special accommodations to attend this class, and to provide dietary restrictions.

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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