

January 13, 2021

PRESS RELEASE

Virtual Family Caregiver Support Groups Continue

SULLIVAN COUNTY, NY — Family caregiver support groups are offered several times a month, providing guidance, community resources and educational materials to individuals assisting an aging or ill family member or friend. Hosted virtually until further notice, Caring for Caregivers support groups are facilitated by Cornell Cooperative Extension (CCE) Sullivan County's Caregiver Resource Center, in partnership with Office for the Aging of Sullivan County.

Caregivers who care for a person with a dementia, such as Alzheimer's disease, can join meetings on the third Tuesday of the month at 5pm.

Family caregivers can join weekly meetings on Wednesdays at 6:30 pm. These meetings are open to all types of caregiving (not specific to any disease).

Registration is required to participate in all support group meetings. To register, contact CCE Sullivan County Dependent Care Educator Bonnie Lewis, RN at 845-292-6180 ext. 122 or register online at <http://sullivanccce.org/events>. Meetings can be joined by computer or phone.

The AARP curriculum "Caring for Those You Care About" and other NYS Area Agency on Aging materials will be used as a resource during meetings.

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.

CCE prioritizes the health, safety, and well-being of the communities we serve. CCE offers technical assistance by appointment, email or phone, and many programs and meetings have transitioned to online or outdoor spaces. CCE phone and email lines of communication are OPEN, and offerings can be found online at www.sullivanccce.org.

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