

Caregiver Resource Center Happenings



June is a busy month for CCE's Caregiver Resource Center. We are offering several programs designed to offer information to anyone interested in healthy aging and the topics of Alzheimer's and Dementia.

June 9th - "Here Today," a film written by and starring Billy Crystal will be shown at the **Liberty Public Library at 1 pm**. The movie explores a developing friendship between a comedian coping with early-stage dementia and a much younger woman. In typical Billy Crystal form, you will laugh, you will cry, and you will walk away with a new perspective on friendship, love and trust in the shadow of dementia. A discussion group led by CRC Coordinator Pat Avery will follow.

June 10th - The Alzheimer's Association's "Healthy Living for your Body and Brain. Tips from the latest research." will be presented at **Daniel Pierce Library in Grahamsville at 2 pm**. A takeaway bag to include healthy recipes, simple exercises, and cognitive games will be provided.

June 14th - Join us at the **Cornell Cooperative Extension Building in Liberty at 1pm** for a joint presentation by CCE Senior Nutritionist, Bee Moser, MS and Pat Avery, Coordinator of the Caregiver Resource Center on **Aging Well**. **"Healthy Living for your Body and Brain: Tips from the latest research"** will be presented. A selection of healthy recipes, exercise tips, and cognitive exercises will be offered. A delicious, healthy snack will be served. 🍏

June 16th - "Know 10 Warning Signs of Alzheimer's" will be offered at the **Liberty Public Library at 1pm**. This informative **Alzheimer's Association** program will answer many questions about the disease versus the normal aging process. Symptoms, risks, diagnosis, and resources available to help will be discussed.

Please note all programs are **FREE** but **registration is required**. We invite you to check out our web page at www.SullivanCCE.org to register or call the extension at (845) 292-6180 for assistance.