

BROWN BAG LUNCH SERIES:

stepping stones to aging wisely *for Caregivers*

The YWCA Adult Day Services in partnership with the Alliance of Community Service Professionals will sponsor a Brown Bag Lunch Series for caregivers beginning in September. There are more than 50 million Americans caring for loved ones with a chronic disability or the frailties of old age. As our population continues to grow older, that number will dramatically increase. This series is designed to help current or future caregivers feel empowered with the necessary tools and support systems to meet the challenges of caring for their elderly loved one.

SO PACK YOUR LUNCH, AND JOIN US! WE'LL PROVIDE THE DESSERT!

ALL SEMINARS ARE FREE... *and you can't afford not to know!*
Held from Noon – 1 p.m. at YWCA Bristol.
Please call 423.968.9444 to register.

Wednesday, Sept. 8:

"Where are my keys? Everyday Forgetfulness vs. Alzheimer's"

Presenter: Tracey Kendall, Alzheimer's Association

Wednesday, Sept. 15:

"Why are we Victims? Avoiding Elderscams"

Presenter: Allen Slagle

"Staying Light-hearted After You've Gone Gray!"

Presenter: Jill Wishart

Wednesday, Sept. 22:

"It's Time to Plan...Are You Ready?"

Local experts provide invaluable information to help you create a financial / legal plan for long-term care.

Presenters: Sue Faucette and Myers Massengill

Wednesday, Sept. 29:

"What are my Elder Care Options?"

Learn about solutions for different levels of need including: Daytime Elder Care, Assisted Living, & Home Health Care.

Presenters: Mary Anne Gibson, Sherry Hague, Kim Ramey.

Wednesday, Oct. 6:

"A Graceful Ending" Hospice Care & Final Arrangements

Presenters: Sid Oakley and Rhonda Coffman, RN

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