



SEPTEMBER CLASSES

All classes are free
and open to the public.

Stress and Depression

September 14th 5:30 - 7:00pm

Depression is a condition common to caregivers as they assume responsibilities for helping their older family members deal with the issues of aging. This class will investigate some of the common causes and identify the signs of depression, explain the role of stress, and share some strategies for addressing depression. Managing stress and depression is a key factor in helping us discover our potential for fulfilling our care giving roles. Class will be held at the Tucker Missionary Baptist Church, 515 Oakwood Avenue, Syracuse.

All About Social Adult Day Programs

September 21st 5:30 - 7:00pm - Supper will be provided at no cost!

This class will explore what goes on in a day program, what emotions caregivers experience and the feelings participants may have as they start out, how to deal with the changes in sharing caregiving responsibilities, and strategies for encouraging participation. Hear how day programs increase independence and improve the caregiver's mental, physical and emotional well-being.

Class will be held at The Salvation Army, 677 South Warren Street, Syracuse.

Overcoming Guilt

September 28th 2:00 - 3:30pm

Guilt can be an overwhelming emotion, one that causes stress for the caregiver and the care recipient. This class offers a comprehensive presentation and candid discussion on how caregivers can overcome the common feelings of guilt and shame associated with loving someone or caring for someone who is living with Alzheimer's disease or related dementias. This class will be held at The Fayetteville Senior Center, 584 East Genesee Street, Fayetteville.

For more information or to register, please contact
the Onondaga County Department of Aging and Youth

(315) 435-2362 ext. 140 or ext. 139

www.ongov.net/ay



ONONDAGA COUNTY DEPARTMENT OF
AGING AND YOUTH

alzheimer's  association