



County of Onondaga  
Office of the County Executive

J. Ryan McMahon II  
County Executive



**Media Release**

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## County Executive Ryan McMahon Announces Fall 2019 Class for Institute for Caregivers (ICare)

*Classes are open to the public; For those caring for older or disabled persons*

**SYRACUSE, N.Y.** – County Executive Ryan McMahon announced the FALL 2019 Class List for those who currently care for older or disabled persons or who may become family caregivers in the future. The classes are free and open to the public.

County Executive McMahon said, “Caring for a loved one can be difficult and Onondaga County is proud to be a reliable resource for those with questions, seeking more information or best strategies.” McMahon continued, “We have a tremendous team in Adult and Long Term care and I encourage anyone interested to take advantage of these informative classes.”

The class schedule is as follows:

### September

Living Healthy With a Chronic Condition (6 Part Class)	9/10 9:30-12:00 pm 9/17, 24, 10/1, 8, 15	Eastwood Senior Center
Chair Yoga: Take Care of Yourself	9/12 4:30-6:30 pm	McHarrie Towne Center
Organizing, Downsizing & Decluttering	9/18 5:30-7:00 pm	NOPL at Cicero
Ageing Backwards	9/25 10:00-11:30 am	Dunbar Community Center

### October

Zen & Caregiver Stress	10/2 5:30-7:00	Menorah Park
Powerful Tools for Caregivers (6 Part Class)	10/2, 3:00-5:00 pm 10/9, 16, 23, 30, 11/6	Sedgwick Heights
Medicare Options & Changes for 2020	10/10 5:30-7:00 pm	The Hearth at Greenpoint
Life Transitions and Loss	10/16 5:30-7:00 pm	Dewitt/Jamesville Library
Planning for Aging (2 Sessions)	10/22 & 23 5:30-7:00 pm	Onondaga Free Library
Healthy Living for Your Brain & Body	10/29 5:30-7:00 pm	Bob Cecile Community Ctr.

**November**

The Positive Approach to Care	11/5 5:30-7:00 pm	Le Moyne College
Effective Communication Strategies	11/13 5:30-7:00 pm	Elderwood at Liverpool
Stages of Grieving	11/20 5:30-7:00 pm	Cicero Senior Center

The Catalog and Registration Form are available on-line at [www.ongov.net/aging/icare.html](http://www.ongov.net/aging/icare.html)  
You can also receive a catalog and/or REGISTER by calling 315-435-2362 ext. 4942 or email:  
[ellenmccauley@ongov.net](mailto:ellenmccauley@ongov.net).

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