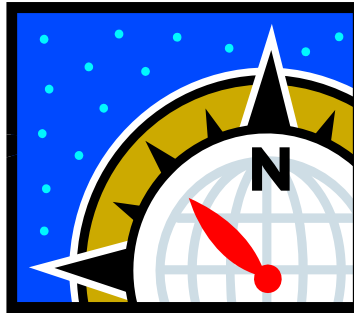




**Employee Assistance Program**

## **EAST CAMPUS LUNCHTIME WELLNESS PROGRAM**



### **Navigating Elder Care**

**Wednesday, November 18, 2009**

**12:00 P.M. - 1:00 P.M.**

**AB Conference Room**

Some of the topics to be discussed include:

- ❖ Types of community services available
- ❖ How to talk to and work with aging parents/elders
- ❖ Working with siblings and developing a plan (options that are available)
- ❖ What documents your elders should be able to get their hands on in a moment's notice
- ❖ Tips/ideas to help lighten the load
- ❖ The Sandwich Generation

**Presenters:** **Caitlin St. George, Community Liaison, Northeast Health.** Caitlin brings eight years experience in the field of Senior Housing and is involved with many groups serving the needs of Seniors of the Capital District. Joining Caitlin will be **Marci Kot** from the **Eddy's Adult Day Services** and **Kris Carpenter** from **Home Instead.**

**To Register Contact: Brenda Seckerson, EAP Coordinator**

**[bseckerson@uamail.albany.edu](mailto:bseckerson@uamail.albany.edu) 442-5483**

**Or, register online: EAP website [www.albany.edu/eap](http://www.albany.edu/eap)**

Employee Assistance Program-sponsored events are open to UAlbany and Research Foundation faculty, staff, family members, GSEU members and retirees.