



ELDERCARE CONNECTIONS

Join us for monthly, lunch-hour informational meetings and discussions about what it means to be a caregiver and how to optimally support the ones you love and yourself. Connect with other OSU community members providing care for a loved one.

**Second Thursday of the month
12-1pm (via Zoom)**

For Zoom meeting links & more info:
familyresources.oregonstate.edu/eldercare-connections

Accommodations for disabilities may be made by
contacting 541-737-4906 or cari.maes@oregonstate.edu

Have an idea for a future speaker or topic?
Email: Cari Maes, cari.maes@oregonstate.edu



**Oregon State
University**

2023-2024 SCHEDULE

NOVEMBER 9

Understanding Hospice
with Lumina Hospice

DECEMBER 7

*Exploring Adult Day
Services*
with Grace Center

JANUARY 11

Fitness at Any Age
with Fitness Over 50

FEBRUARY 8

Tips for Downsizing & Organizing
with Queen B Organizing

MARCH 14

*Introduction to
Portable Orders for Life-
Sustaining Treatment (POLST)*
with Oregon POLST

APRIL 11

Bone Nutrition
with Stephanie Polizzi,
OSU Extension Family &
Community Health

MAY 9

Understanding Alzheimer's
with Oregon/SW Washington's
Alzheimer's Association Chapter