2018-2019 SCHEDULE

OCTOBER 2:
Mindfulness as a Caregiver: Caring for an aging loved one can take a lot out of you. Join us as OSU's Michele Ribeiro teaches us self-care through mindfulness practices.

NOVEMBER 6:
Medicare 101: Join us as a local Senior Health Insurance Benefits Assistance (SHIBA) representative hosts a Medicare review and Q&A session.

DECEMBER 4:
Understanding Dementia: As your loved one ages, dementia often becomes a concern. Join us as we learn about dementia and potential support strategies.

JANUARY 8:
Family & Elder Law: Understanding elder laws can be challenging. Legal Aid Services of Oregon will cover some of the hot topic, frequently asked legal questions.

FEBRUARY 5:
Corvallis Senior Center: Learn about the exciting classes and offerings provided by Chinitimini Senior & Community Center.

MARCH 5:
FMLA as a Caregiver: Learn about how you can use FMLA while caring for your aging loved one.

APRIL 3-4:
OSU Gerontology Conference: Visit osugero.org for more info.

MAY 7:
Pain Management: It is always hard to see the ones we love in pain. Join us as Dr. Kevin Cuccaro discusses how to help manage pain.

JUNE 4:
Helping to Downsize: Queen Bee Organizing will give us some tips and tricks about how to help downsize a life's worth of belongings.