

2019-2020 SCHEDULE



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.

First Tuesday of every month from 12-1pm in Memorial Union 222.

familyresources.oregonstate.edu/elder-care

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



OCTOBER 1:

Social Hour & Welcome Back: Meet up with others at OSU that are caring for their aging loved ones and share your successes and challenges while enjoying some complimentary snacks!

NOVEMBER 5:

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

DECEMBER 3:

Explanation of Care Options: With so many different types of care/facilities it is hard to know which one is best for your family. Join us for a deep-dive into what each type of care is and who it is best for.

JANUARY 7:

Fitness over 50: Learn about the local facility and the programs they offer to help you stay healthy and/or your aging loved ones.

FEBRUARY 4:

Mental Health & Depression: Learn about signs you may see as your loved one ages, how you can help and what you can do to cope with some of the challenging outcomes/behaviors.

MARCH 3:

Understanding Hospice: Lumina Hospice & Palliative Care will be here to go over what hospice is and what services they provide during this difficult time.

APRIL 1-2:

OSU Gerontology Conference: Visit osugero.org for more info.

MAY 5:

Preparing for End of Life & the Grief Process: Death is never easy, but being prepared and knowing what to expect can help everyone.

JUNE 2:

Easing the Transition: For many aging adults, the thought of leaving their family home and moving into a care facility is scary. Join us to learn what you can do as a caregiver to ease the transition.