2021-2022 SCHEDULE

SEPTEMBER 9:
Resilience: Post Traumatic Growth
Presenter: Chris Eilers, MA, LPC
*THIS SESSION WILL BE 12-1:30PM

OCTOBER 14:
Understanding Hoarding Disorder and Helping Strategies for Caregivers
Presenter: Joanne O’Connell

NOVEMBER 18:
Geriatric Physician Care
Presenter: Maureen Bruns, M.D.

DECEMBER 9:
Effective Communication Strategies for Caring for People with Alzheimer’s Disease and Dementia
Presenter: Alise I. Liepnicks, MPH

JANUARY 13:
Walk with Ease – Managing Chronic Pain with Exercise
Presenter: Allison Harris, MPH

FEBRUARY 10:
It’s the Minor Daily Stressors: Daily Stressful Experiences in Relationships and Cognition in Adulthood and Aging
Presenter: Dakota Witzel, Ph.D. Student

MARCH 10:
Legal Issues and Older Adults: What Caregivers Need to Know
Presenter: TBA

APRIL 14:
Pursuing Personal Goals While Caring for a Parent: Lessons from The ACHIEVE Study.
Presenter: Shelbie Turner, Ph.D. Student

MAY 12:
In Celebration of Older Americans Month: Accessing Senior and Disability Services Programs for Community-Based Living
Presenter: TBA

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.

Second Thursday of every month from 12-1pm

familyresources.oregonstate.edu/elder-care

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