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 (Zoom)

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

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