



ELDERCARE CONNECTIONS

Join us for monthly, lunch-hour informational presentations and conversation. This is a time to learn and connect with other OSU community members who are providing care for a loved one or who are looking to learn more about healthy aging, care options and planning, and other related topics.

**Monthly, on Thursdays
12-1pm (Zoom)**

Zoom Link: <https://beav.es/pH9>

Password: elder

familyresources.oregonstate.edu/eldercare-connections

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

2024-25 SCHEDULE

OCTOBER 17

Healthy Living for Brain & Body

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

NOVEMBER 21

Exploring Resources

with Oregon's Aging & Disability Resource Connection (ADRC)

DECEMBER 19

Physical Activity for Healthy Aging: Better Bones & Balance, Walk with Ease, and StrongPeople™

with OSU College of Health and Extension

JANUARY 16

Exploring Senior Living Options

with A Home to Fit You

FEBRUARY 20

Sleep and Healthy Aging

with OSU's School of Psychological Science

MARCH 20

Managing Stress for Caregivers

with Lumina Hospice & Palliative Care

APRIL 17

End-of-Life Doula Care

with Cristof Del Aquelarre Errante

MAY 15

Understanding & Accessing Care Options

with Carina.org



**Oregon State
University**

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