



FOR IMMEDIATE RELEASE

Elder care experts offer solutions for initiating long-term care planning with senior parents

Saratoga Springs, N.Y, October XX, 2009 – In recognition that changes in later life affect both aging parents and their adult children, The Wesley Community will provide Capital Region senior caregivers with the tools necessary to navigate the complex world of elder care during the educational program “Strategies for Caregivers.” The program will be held on Thursday, October 29 from 5:00 p.m. to 7:00 p.m. at the Wesley Evergreen program in Saratoga Springs.

The timely program comes right before the beginning of the hectic holiday season, which often serves as a time for families to come together in celebration and discuss plans for the New Year, including changes in the care of aging family members.

During the two-part seminar, attendees will learn how to initiate these difficult conversations with older relatives and family members on issues related to long-term care and planning. Participants will also receive tips to manage the stress of ensuring their loved ones receive the care and attention they require while preparing for the upcoming holiday season.

Leading the seminar are elder care specialists Cindy Riecker, a registered nurse with Home Instead Senior Care, an organization which provides in-home care services to

seniors in more than 800 cities throughout the world; and Bill Hinrichs of the Alzheimer's Association of Northeastern New York, the nation's leading voluntary health organization in Alzheimer care, support, and research.

The program is held in conjunction with Evergreen Adult Day Services, a day program offered at The Wesley Community designed to provide a friendly and supervised setting for seniors. The service offers numerous senior socialization opportunities and activities, community outings, on-site therapy, medication supervision, and other personal care requirements.

Endorsed by the Saratoga County Office for Aging, the comprehensive program is meant to not only offer a safe setting for seniors to spend their day, but also to provide adult caregivers with the peace of mind that their loved one is being cared for while fulfilling life's other obligations.

“Caring for a senior family member or loved one creates a level of stress unmatched by most endeavors. Attempting to balance one's family and career while preparing for the holiday season can be difficult enough. Add in the demanding level of care required by seniors and the stress can become overwhelming for caregivers,” said Laurie Glogowski, program site manager of Wesley Evergreen Adult Day Services. “The Evergreen program allows caregivers the chance to take a deep breath and address their daily commitments while knowing their loved one is in good hands. The evening's program will offer caregivers effective strategies and solutions for managing all of life's obligations.”

Wesley Evergreen provides services to seniors Monday through Friday from 8:00 a.m. to 5:00 p.m. Flexible attendance and payment options are provided based on family needs and transportation is available for clients residing in a defined area.

Glogowski will be in attendance at the educational seminar to provide attendees with further information on the Evergreen Adult Day Services program and the other elder care programs and services offered at The Wesley Community.

Registration is required to attend the seminar. In order to register, please call 518-691-1565. Light refreshments will be provided. The Wesley Evergreen facility is located at 131 Lawrence Street in Saratoga Springs. For more information about Wesley Evergreen Adult Day Services, please contact Laurie Glogowski at 518-691-1443.

Celebrating its 35th anniversary, The Wesley Community is a 36-acre, not-for-profit agency in Saratoga Springs, NY, which serves the needs of the elderly, as well as active seniors, adults and pediatrics. Sponsored by United Methodist Health and Housing, Inc., The Wesley Community's unique continuum of care community provides independent and assistive living for seniors, subsidized independent senior housing, adult day services, short-term rehabilitation and long-term care, as well as outpatient therapies available for people of all ages.

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