



FAMILY CAREGIVING

Challenges, Choices and Resources

A **free** series for family caregivers
in our community



- ◆ **Personal Caregiving/Positioning and Helping Your Loved One Move**
Wednesday, March 24, 6:30 - 8:00 pm
Lorraine Rieck, RN, CareGivers home healthcare agency
- ◆ **Legal and Financial Issues**
Thursday, April 8, 6:30 - 8:00 pm
William R. Kenyon, Attorney

- ◆ **Caring for a Loved One with Alzheimer's Disease or Dementia**

Thursday, April 22, 6:30 - 8:00 pm
Ann Costello, RN, Nurse Manager,
M.M. Ewing Continuing Care Center

- ◆ **Eating Right and Home Safety**

Wednesday, May 5, 6:30 - 8:00 pm
Darcy Prunoske, RD, Clinical Dietitian, Thompson Health
and Wendy Ruggles, Halprin Medical & Surgical Supply



Held at West Ontario County Office of the American Red Cross

5297 Parkside Drive (across from Tom Wahl's) in Canandaigua

Refreshments will be served at each session.

RSVPs are appreciated and may be made by calling 585-394-2260.