

**\* SAVE THE DATE \***

**Ulster County Office for the Aging is proud to announce that we are planning a 1<sup>st</sup> Annual Family Caregivers Conference**

Date: June 22, 2007

Place: Holiday Inn, Kingston, NY

Time: 8:30am – 3:30pm

Cost: Free

Please call Evelyn Flynn at: (845) 334-5169 for more information.

DO YOU SOMETIMES FEEL OVERWHELMED, ISOLATED, DEPRESSED OR FRUSTRATED? PLEASE KNOW THAT YOU ARE NOT ALONE!!!!

- According to the Family Caregiver Association, recent studies estimate that between 18 and 25 million persons (10% of the adult population) provide care to another family member. These caregivers provide 2/3 of all the home care services in the country.

Please come and join us at our:

**Coffee and Conversation Groups for Caregivers**

All meetings are held at the Office for the Aging, 400 Stockade Drive, Kingston, New York.

The daytime group meets on the *2<sup>nd</sup> and the 4<sup>th</sup> Wednesdays* of each month at 12:00 noon.

The evening group meets on the *4<sup>th</sup> Tuesday* of each month at 5:30 pm.

**Our Mission:**

To provide caregivers with an empathetic, safe and confidential environment. A place where they will be refreshed. A place to laugh, to cry, to share their stories and be unconditionally accepted; A place where they can find hope and emotional support; A place where they will become aware of resources in the community that can help with their caregiving responsibilities.