

“American Red Cross Family Care Giver Program”

Nesconset Center for Nursing and Rehabilitation (NCNR) is pleased to announce that we will be hosting the “Family Care Giver Program” from the American Red Cross. Always Best Care Senior Services (ABC) is an authorized provider of the American Red Cross Family Care Giver Program. Anthony D’Amico, Care Coordinator for ABC will be the Trainer.

Family Care-giving offers eight one-hour classes to help you provide the best care you can for your loved one and gain a better understanding of safety, nutrition, personal care, and legal and financial issues. The modular program lets you pick any session you want to attend. Normally, there is a nominal fee; however, NCNR will provide the series for FREE. We hope you will take this opportunity to attend these enlightening classes, and find camaraderie among others who share the same issues you may be facing. We must cap the classes at 50 participants; therefore, it is first come first serve. *Please make sure you sign up for any program you are interested in.* Please call the receptionist at 361-8800 if we have extreme weather conditions, to make sure your class isn’t cancelled. In addition, please call if you need to cancel, so the spot can be offered to an alternate participant.

Please feel free to contact Arline Behret, LMSW at (631) 361-8800 X218 / arlinbe@ncnrehab.com

| CALENDER OF CLASSES | | | TOPIC |
|--|----|------|---|
| 2 nd Wednesday of the Month | | | 6:30 PM Second Floor Dining Room |
| January | 12 | 2011 | General Caregiving |
| February | 09 | 2011 | Home Safety |
| March | 09 | 2011 | Assisting with Personal Care |
| April | 13 | 2011 | Healthy Eating |
| May | 11 | 2011 | Positioning and Helping Your Loved One Move |
| June | 08 | 2011 | Caring for a Loved One with Alzheimer’s Disease or Dementia |
| July | 13 | 2011 | Caring for the Caregiver |
| August | 10 | 2011 | Legal and Financial Issues |