

Are you the family caregiver of a frail older adult or loved one with Alzheimer's or a related dementia?

Day Haven Adult Day Services, Jefferson's Ferry Lifecare Retirement Community and Home Instead Senior Care welcome your participation in the fourth annual

"Day of Renewal for Caregivers"

Saturday, January 21, 2012

(Please note, Saturday, January 28th has been reserved in case of a weather related cancellation.)

9:30 a.m. – 3:00 p.m.

In The Community Center at
Jefferson's Ferry Lifecare Retirement Community
One Jefferson Ferry Drive, South Setauket, NY

Come, de-stress, and enjoy a day of refreshment and renewal.

Taking care of yourself - mentally, physically, and spiritually - is the best gift you can give to your loved ones.

This event is offered at no cost ~ Space is limited to the first 40 registrants
Continental breakfast and lunch provided ~ Dress comfortably

Activities may include:

Yoga, tai-chi, caregiving and stress management discussions, nutrition presentations, cooking demonstrations, massage, manicures, comedy, and meditation.

RSVP to Julie Wexler at Day Haven, (631) 585-2020, ext. 260.

Or e-mail your name and phone number to dayhavenlongisland@yahoo.com

Do you need care for your loved one for the day? Day Haven will offer free respite care at our center in Port Jefferson, just minutes away from Jefferson's Ferry Lifecare Retirement Community. Pre-registration for care is required by calling Ethel Thomas at (631) 476-9698.

In order to benefit fully from the day, we request you plan to stay for the full program.

