



For Immediate Release  
Date: October 1, 2009  
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### **Day Haven offers Free Support to Family Caregivers**

(Ronkonkoma, NY)... Day Haven Adult Day Services, providers of day time care and therapeutic activities for frail older adults and individuals with Alzheimer's disease or a related dementia, offers **free** monthly caregiver support groups for family caregivers. Support groups at Day Haven provide emotional support and practical advice when caring for a frail older adult or someone with memory loss. The groups meet at the following times:

**First Wednesday of each month**, 6:30 p.m.– 8:00 p.m., 1 Jefferson's Ferry Drive, South Setauket, NY.  
Upcoming meeting dates: October 7, 2009, November 4, December 2, 2009, and January 6, 2010.

**Second Tuesday of each month**, 6:00 p.m. to 7:30 p.m., 2210 Smithtown Avenue, Ronkonkoma  
Upcoming meeting dates: October 13, November 10, December 8, 2009 and January 12, 2010.

**Third Wednesday of each month**, 1:00 p.m. – 3:00 p.m., 185 South Country Road, Bellport, NY.  
Upcoming meeting dates: October 21, 2009, November 18, December 16, 2009, and January 20, 2009.

**Last Friday of each month**, 10:00 a.m. to 11:30 a.m., 2210 Smithtown Avenue, Ronkonkoma  
Upcoming meeting dates: October 30, November 20, December 18, 2009, and January 29, 2010.

On-site, professional care for frail older adults and those with Alzheimer's is available during the meetings free of charge. Please call ahead to confirm the dates and to make a reservation if you need care for your loved one. For more information, please call Julie Wexler at Day Haven Adult Day Services, (631) 585-2020, ext. 260.

Caregiver Support Groups at Day Haven Adult Day Services are supported in part by an Alzheimer's Disease Community Service Program grant from the New York State Department of Health.

#### About Day Haven

Day Haven Adult Day Services is a social model adult day care program with centers in Port Jefferson and Ronkonkoma, NY, offering day time care and therapeutic recreation for frail older adults and those with Alzheimer's or a related dementia. Caregiver Support Groups, free on-site care, and one-to-one support are funded in part by the New York State Department of Health Alzheimer's Disease Community Service Program Grant.

Day Haven Adult Day Services  
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