



For Immediate Release

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Day Haven to Host Special Event for Caregivers

(Ronkonkoma...) Day Haven Adult Day Services will host a “Day of Renewal for Caregivers” on Saturday, January 21, 2012, 9:30 a.m. – 3:00 p.m., in the Community Center at Jefferson’s Ferry Lifecare Retirement Community in South Setauket, NY. The event is designed for family members caring for loved ones with Alzheimer’s disease or a related dementia.

Attendees will be invited to de-stress, and enjoy a day of refreshment and renewal. An emphasis will be focused on the importance of caregivers taking care of themselves - mentally, physically, and spiritually - so they can best care for their loved ones.

Activities may include yoga, tai-chi, caregiving and stress management discussions, nutrition presentations, cooking demonstrations, massage, manicures, comedy, and meditation.

Elizabeth Geary, Director of Day Haven explains, “Much of Day Haven’s educational efforts in the community focus on the practical aspects of caregiving, such as safety in the home, legal issues, or understanding the disease process. This day is different. The Day of Renewal will focus on the emotional, physical, and spiritual needs of caregivers – an aspect that is essential for sustained caregiving.”

Day of Renewal for Caregivers is sponsored by Day Haven Adult Day Services, Jefferson’s Ferry Lifecare Retirement Community, and Home Instead Senior Care, and Long Term Care Financial Planners. It is free and open to anyone caring for a frail older adult or person with Alzheimer’s or a related dementia. Free respite care for the care receiver will be provided for the day.

Registration is limited to the first 30 registrants. For more information about A Day of Renewal for Caregivers, Day Haven Adult Day Services, or to RSVP, contact Julie Wexler, (631) 585-2020, ext. 260.

Day Haven Adult Day Services
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