



# Me?! A Caregiver??!

## Tools & Tactics for Coping

**Are you facing the challenges and decisions of caring for an aging parent or spouse?**

Hear from experts that will address the issues that many of us are currently facing when it comes to being a caregiver. Learn about Alzheimer's disease and behavioral techniques for managing symptoms. Gain a better understanding of the many financial and legal planning resources available to enhance your role as a caregiver. Most importantly, come and learn how to maintain a positive perspective through it all!

### **Seminar Speakers:**

**Keynote Speaker:** Barbara Hance

#### ***Humor is Harmony of the Heart***

**Barbara Hance**, Barbara Hance Associates, author and life care consultant on caring for the elderly. Barbara appeared on NBC-TV "Today Show" featuring eldercare issues. and authors a regular newspaper column called, "New Wrinkles."

#### ***Understanding Alzheimer's and Communication Strategies***

**Erica DeFrancesco**, Director of Community Services, Alzheimer's Resource Center. Erica facilitates Dementia Care Coaching for families and professionals caring for people with Alzheimer's disease living in the community.

#### ***Estate Planning 101***

**Danielle Ferrucci**, Esq., Shipman & Goodwin, Co-Chair Leave A Legacy CT. Specializing in estate planning, including wills, living wills, POA's and conservation.

**Thursday, March 26, 2009**

**5 p.m. – 8 p.m.**

**Suffield Academy, Centurion Hall  
185 North Main Street,  
Suffield, Connecticut**

Space is limited, pre-registration required.

Priority will be given to Suffield residents.

A complimentary light dinner will be provided.



**Call the Emergency Aid Association at 668-1986 or  
email [Janetf@suffieldeaa.org](mailto:Janetf@suffieldeaa.org) to register or for more information.**