Day☀**Haven**
ADULT DAY SERVICES

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, December 5, 2009, 9:30 a.m. – 3:00 p.m., in the Community Center at Jefferson's Ferry Life Care 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 learn a variety of stress management techniques as well as ways to focus on themselves and their own needs as individuals. The keynote speaker will be internationally acclaimed dementia care professional Naomi Feil, the founder of the Validation Method for working with individuals with cognitive impairments. Other topics may include yoga, nutrition, stress management, and coping skills. Lunch, musical entertainment and massage will also be offered.

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 easy to overlook."

The event is funded in part by a New York State Department of Health Alzheimer's Disease Community Service Program grant. It is free and open to anyone caring for a person with Alzheimer's or a related dementia. Free respite care for individuals with dementia will be provided for the day. Registration is limited to the first 30 registrants. RSVP is required by calling Julie Wexler at (631) 585-2020, ext. 260.

For more information about "A Day of Renewal for Caregivers" or Day Haven Adult Day Services, contact Julie Wexler, (631) 585-2020, ext. 260.

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